

# Vegetarian Eating

## Vegetarian Food Pyramid



Source: [www.vrg.org](http://www.vrg.org)

**A vegetarian diet** is one with no meat, fish or poultry. Some do not include milk, cheese or eggs.

The key to a healthy vegetarian diet is to eat a variety of foods, including fruits, vegetables, plenty of leafy greens, whole grains, nuts, seeds, and legumes. Limit sweets and fatty foods.

**Nutrients** that may be lacking and should be included in diet: Protein, Calcium, Iron, Vitamins B6 and B12, Zinc.

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## Types of Vegetarians

**Semi** - Eats no red meat; eats poultry, fish, eggs, and dairy foods

**Ovo** - Eats no red meat, fish, poultry, or dairy foods; eats eggs

**Pesco** - Eats no red meat or poultry; eats fish, eggs, and dairy foods

**Lacto-ovo** - Eats no red meat, fish, or poultry; eats eggs, and dairy foods

**Lacto** - Eats no red meat, fish, poultry, or eggs; eats dairy foods

**Vegan** - Eats no animal foods

## Alternate Sources of Protein

**Dairy** - cottage cheese, yogurt, milk, cheeses

**Beans/Legumes** - lentils, beans, refried beans, peanut butter

**Soy** - garden burgers, tofu, soy nuts

## Food Sources of Key Nutrients

**Calcium** - dairy foods, soy milk, rice milk, salmon with bones, rhubarb, spinach, tofu, almonds, baked beans, fortified orange juice, broccoli

**Zinc** - peanuts, eggs, ricotta cheese, pecans, wild rice, wheat germ, sesame butter

**Vitamin B6** - oatmeal, bananas, potatoes, sunflower seeds, rice, prunes, peanut butter

**Iron** - ready-to-eat cereal, enriched bread, baked beans, baked potato, bean burrito, spaghetti with tomato sauce, oatmeal, broccoli

**Vitamin B12** - seafood, milk, eggs, yogurt, ice cream

## Health Benefits of a Vegetarian Diet

Vegetarians tend to have a lower risk of hypertension (high blood pressure), heart disease, diabetes, stroke, obesity, and lung and colorectal cancers.



For more vegetarian meal ideas check out these websites:

- [www.cooklight.com](http://www.cooklight.com)—Cooking Light Magazine
- [www.vrg.org](http://www.vrg.org)—Vegetarian Resource Group

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