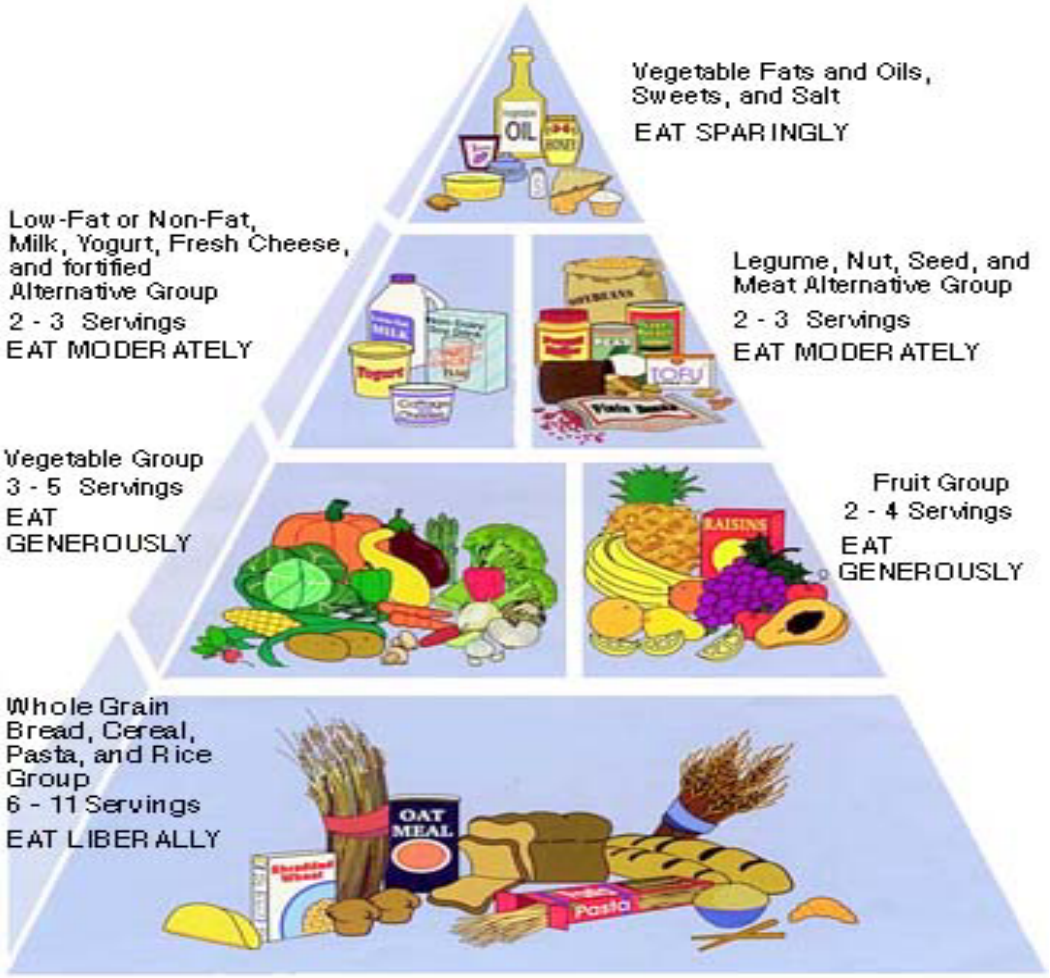
Vegetarian Eating

Vegetarian Food Pyramid



Source: 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.

Vitamins and Minerals to include in diet: Calcium, Iron, Vitamins B6 and B12 .

Easy to Prepare Vegetarian Meals and Snacks

Breakfast:

- Cold Cereal (Iron Fortified), skim milk, yogurt or soy milk
- Hot cereal (add fresh fruit), yogurt
- Toast with low fat cream cheese, low fat cottage cheese, 1-2 Tbsp peanut butter

Snack:

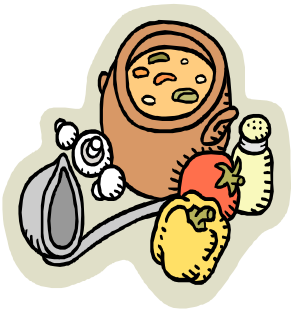
- Fresh fruit and vegetables
- Low-fat cottage cheese
- Fat-free or low-fat yogurt
- Peanut butter on crackers

Dinner:

- Salads: add three-bean salad, kidney beans, sunflower seeds, hard cooked egg
- Pasta: add diced tofu or kidney beans to tomato sauce, top with mozzarella cheese
- Soup: split pea, bean, lentil, minestrone
- Vegetarian Pizza: top with nonfat or low-fat cheeses and lots of vegetables

Health Benefits of a Vegetarian Diet:
Vegetarians tend to have a lower risk of hypertension (high blood pressure), heart disease, lung and colorectal cancers.

For more vegetarian meal ideas check out these cookbooks and websites:

- www.cooklight.com—Cooking Light Magazine
- www.vrg.org—Vegetarian Resource Group

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