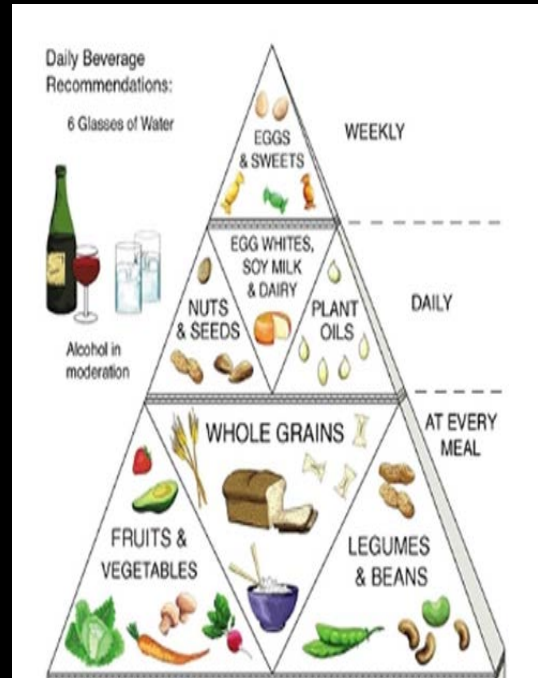


Healthy Snack

- Pretzels
- Fresh Fruit
- Popcorn
- Dried Fruit
- Pizza
- Fruit Shakes
- Bean Tacos or Burritos
- Frozen Juice Bars
- Soup
- Bagels with Peanut Butter
- Sandwiches
- Dairy or Soy Yogurt



The Vegetarian Food Pyramid



For more information visit:

The Vegetarian Resource Group
<http://www.vrg.org/>

Vegetarian Society
<https://www.vegsoc.org/>

Veasource

Eating Well – The Vegetarian Way



Sponsored by the
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CSD Room 211
(401) 254-3491



Types of Vegetarians

1. **Semi Vegetarians**
Consume fish, poultry, dairy products, and eggs. Do not consume red meat.
2. **Lacto-Ovo Vegetarians**
Consume dairy, eggs, and plant foods. Do not consume animal products.
3. **Lacto Vegetarians**
Consume dairy products and plant foods only.
4. **Vegetarians**
Consume only plant foods, and no animal products.



Health Benefits versus Health Risks

Benefits:

A well planned vegetarian diet can be a model diet nutritionally. The vegetarian diet is typically low in fat and cholesterol, high in fiber, vitamins A, C, and folacin. The diet, along with other healthy lifestyle habits, such as no smoking, limiting alcohol intake, maintaining weight within a desirable range and increasing physical activity, will lead to the risk reduction of cardiac disease, high blood pressure, and possibly some cancers.

Risks:

A poorly planned vegetarian diet, however, may lack sufficient amounts of important nutrients to maintain proper health. Iron deficiency anemia will eventually develop if your diet contains inadequate iron. Osteoporosis is more likely to result later in life if adequate amounts of calcium are not consumed. Vitamin B12 deficiency, although rare, can be a health risk for those vegetarians who

Healthy Suggestions



Combining various foods can help alleviate nutrient deficiencies such as calcium, iron, protein, zinc, and other vitamins. Eating dark leafy greens, beans, dried fruits, breads, cereals, and taking vitamin supplements are examples of healthy eating.

Healthy combinations include:

- Legumes (beans, peas, lentils) and low fat dairy products
- Legumes and bread, cereal, or grain products
- Bread cereal, or grain products and low fat dairy products
- Nuts or seeds and low fat