

Tips At Tech: Vegetarian

- If you eat fortified cereal and soy milk for breakfast, you can fulfill most, if not all, of your recommended amount of iron, zinc, and vitamin B-12.
- Make a salad for lunch and add beans and nuts for extra protein.
- You could also make your own pasta primavera at Horn/Knapp and add all the vegetables you want. Try the pesto sauce for something different!
- Try out the veggie stir-fry and substitute brown rice.
- Any sandwich or wrap can be made vegetarian or even vegan.
- Ovo-vegetarians can make their own omelet at the Union Bistro.
- Try the veggie burger at Sam's Place at Murray!
- Be creative when eating on campus. There are endless options for you to get a satisfying vegetarian, even vegan, meal. All it takes is a few substitutions and to be knowledgeable about your options. For more on-campus vegetarian meal ideas, visit the Smart Choices Web site.

Fun Facts

- 1.3 billion people could be fed by the grain that is currently being fed to livestock for meat production.
- It only takes 25 gallons of water to produce 1 pound of wheat, but 2500 gallons to produce 1 pound of meat.
- Chinese people (living mainly on a vegetarian diet) consume 20% more calories than Americans, but Americans are 20% fatter.
- It takes 60 calories of oil to produce 1 calorie of meat.
- 80% of food poisoning is due to eating infected meat.

References:

Vegetarian Diet: How To Get The Best Nutrition. www.mayoclinic.com. Accessed 11/10/09

Appropriately Planned Vegetarian Diets. www.eatright.org. Accessed 11/11/09



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Vegetarian

Turning Over a New Leaf?



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Vegetarian

You may know that consuming less saturated fat and cholesterol is healthy, but did you know that animal foods are the only source of cholesterol and the main source of saturated fat in our diets? Appropriately planned vegetarian diets are healthy, nutritionally adequate, and may prevent and treat some diseases.

Before you swear off meat altogether, it's important to know that adopting a vegetarian diet isn't as easy as taking the meat out of your burger and just eating the bun. Vegetarians must take extra steps to ensure that they are getting all the nutrients they need. Vegetarians eat legumes, whole grains, fruits, vegetables, nuts, and seeds to meet their daily nutritional needs.

Health Benefits

Vegetarian diets are naturally low in saturated fat and cholesterol, and high in fiber, which may help to prevent heart disease, diabetes, kidney stones, and some cancers. Large studies even suggest that vegetarians have a 40% lower risk of developing cancer compared to meat eaters.

The high fiber content of vegetarian diets can help to promote a healthy weight, which may in turn reduce the risk of developing type 2 diabetes. The fiber content may also help to prevent colon cancer and constipation.

Diets high in animal protein can also cause the body to take calcium from the bones, which may lead to osteoporosis or kidney stones.

Types Of Vegetarians

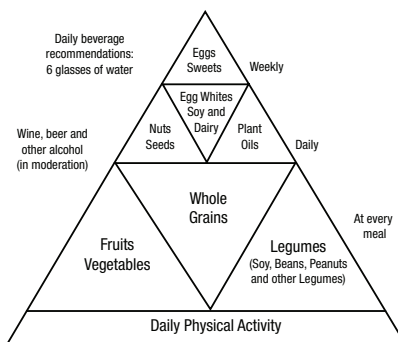
Vegetarians are individuals who typically do not eat animal products, but some groups are defined by the types of animal-derived foods that they eat.

Lacto-ovo vegetarians—Consume eggs and dairy products but do not eat any meat, poultry, or fish.

Lacto vegetarians—Omit eggs, meat, fish, and poultry, but do consume dairy products.

Vegans—Omit all foods derived from animals, including eggs, dairy, meat, fish, and poultry.

You may find that following a vegetarian food guide pyramid can help you stay on track to eating a healthy vegetarian diet. The pyramid below can easily be adapted to whichever type of vegetarian you choose to be.



Important Nutrients To Keep In Mind on a Vegetarian Diet

Protein—Protein is important for maintaining healthy muscles, skin, bones, and organs. Ovo-lacto vegetarians may have an easier time getting enough protein but vegans should be sure to eat enough soy products, meat substitutes, legumes, nuts, seeds, and whole grains.

Calcium—This mineral is important for building strong bones and teeth. Vegetarians who do not consume dairy products can find adequate calcium in leafy greens, broccoli, fortified soy milk, and fortified juices.

Vitamin B12—The body uses this vitamin to produce red blood cells and it is mostly found in animal products. Vegans must include a B12 supplement, consume enriched cereals, or drink fortified soy milk.

Iron—Iron is a crucial component of red blood cells and lack of iron can lead to anemia, or iron deficiency. Dried beans and peas, whole grains, leafy green vegetables, and dried fruit are good sources of iron. Be sure to combine the above foods with foods high in vitamin C (oranges, strawberries, hot peppers) because vitamin C aids in iron absorption.

Zinc—This mineral is an essential component of enzymes and formation of proteins. Good sources of zinc include whole grains, soy products, nuts, and wheat germ.