

Chapter 15 Vegetarian Food Choices

Main Idea

People who choose a vegetarian diet can obtain needed nutrients and eat a wide variety of tasty and healthful foods.



Chapter 15 Vegetarian Food Choices

Types of Vegetarians

- **Vegetarians** get their nutrients from plant-based foods rich in whole grains, fruit, vegetables, legumes, nuts, and seeds.
- Vegetarians may add eggs, dairy products, or both to their diets in addition to plant-based foods.



Vocabulary

vegetarian

A person who does not eat meat, poultry, or fish.

Types of Vegetarians

- Lacto-vegetarian – foods from plant sources plus dairy products
- Ovo-vegetarian – foods from plant sources plus eggs
- Lacto-ovo vegetarian – foods from plants plus eggs and dairy
- Fruitarian – eat only the ripe fruits of plants and trees, only foods harvested without killing plants

Types of Vegetarians

- Vegan – only eats foods from plant sources (do not wear or use any thing made from animal products)
- Raw vegan – only eats unprocessed vegan foods that have not been heated above 115°F (raw foodists)
- Macrobiotics – unprocessed, organic foods, small amts of fish, no sugar or oils, chew food VERY thoroughly

Types of Vegetarians

- Pescatarian – eat fish and shellfish and foods from plant sources, may or may not eat dairy
- Semi-vegetarian – avoids certain kinds of meat, poultry, or fish

The Vegetarian Decision

- Health Benefits - typically high in fiber and low in fat
- Animal rights – conditions of which animals are raised and slaughtered
- Ecology – raising livestock takes land mass and creates more pollution
- Cost – non-animal products are generally cheaper

Chapter 15 Vegetarian Food Choices

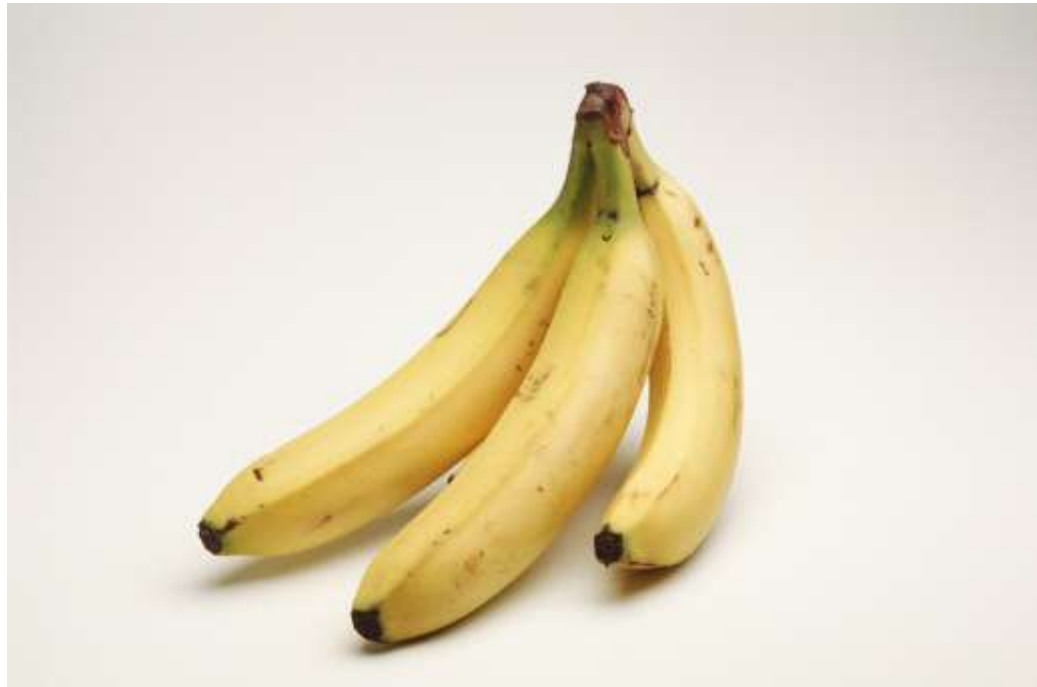
Types of Vegetarians

- Soy foods add complete protein and other nutrients to the diet.



Vegetarian Nutrition

- Vegetarians can make healthful substitutions in the meat and beans group, and the milk group.



Daily Food Choices

- Vegetarians can combine certain foods, such as beans and rice, to create complete proteins.



Important Nutrients for Vegans

- Zinc
- Calcium
- Iron
- Vitamin B12 and D
- Protein

Daily Food Choices

- Meat substitutes, or analogs, include:
 - firm tofu - soy
 - Tempeh - soy
 - Seitan – wheat
 - Quorn - fungus

Daily Food Choices

- Meat and dairy analogs are made from vegetable proteins.
- Dairy substitutes include:
 - silken tofu.
 - grain-based milks.
 - imitation cheese.
 - spreads.
 - frozen desserts.

Exploring Vegetarian Foods

- Plan how to get necessary nutrients and identify vegetarian foods you enjoy.
- Be creative with meat substitutes and try new products.
- When eating out be sure to ask your server.
(vegetarian options)