

Healthy Eating the Vegetarian Way

Appropriately planned vegetarian diets are healthful, nutritionally adequate, and provide health benefits in the prevention and treatment of certain diseases. Vegetarian diets offer a number of advantages, including lower levels of saturated fat, cholesterol, and animal protein and higher levels of carbohydrates, fiber, magnesium, boron, folate, antioxidants such as vitamins C and E, carotenoids, and phytochemicals. To help assure that nutrient needs are met while following a vegetarian diet, follow these guidelines:

- ▶ Choose a variety of foods including whole grains, vegetables, fruits, legumes, nuts, seeds, and if desired, dairy products, and eggs.
- ▶ Choose whole, unrefined foods often and minimize the intake of highly sweetened, fatty and heavily refined foods.
- ▶ Choose a variety of fruits and vegetables.
- ▶ If animal foods such as dairy products and eggs are used, choose lower-fat dairy products and use both eggs and dairy products in moderation.
- ▶ Use a regular source of vitamin B-12 and, if sunlight exposure is limited, of vitamin D.

Key Nutrients for Vegetarians:

Nutrient	Food Sources
Iron	Soybeans, Soymilk, Tempeh, Tofu, Baked beans, Black beans, Chickpeas, Kidney beans, Lentils, Lima beans, Pinto beans, Almonds, Cashews, Peanuts, Pumpkin and squash seeds, Sesame tahini, Sunflower seeds, Barley, Cereal (fortified), Cream of Wheat, Quinoa, Wheat germ, Whole wheat or white enriched bread, Apricots, Figs, Prunes, Raisins, Bok choy, Broccoli, Green or yellow beans, Kale, Mushrooms, Potato, Tomato juice, Turnip greens
Zinc	Soybeans, Soymilk, Tempeh, Tofu, Veggie "meats" (fortified), Baked beans, Black beans, Chickpeas, Kidney beans, Lima beans, Lentils, Almonds, Cashews, Peanuts, Pumpkin and squash seeds, Sesame tahini, Sunflower seeds, Barley, Cereal, Quinoa, Wheat germ, Whole wheat bread, Mushrooms, Peas, Cow's milk, Cheddar cheese, Egg, Yogurt
Calcium	Cultured soy yogurt (fortified), Soybeans, Soymilk (fortified), Tofu (firm, calcium-set), Tempeh, Black beans, Chickpeas, Pinto beans, Vegetarian baked beans, Almonds, Sesame tahini, Cereal (ready-to-eat, fortified), Figs, Orange juice (fortified), Bok choy, Broccoli, Collard greens, Kale, Mustard greens, Okra, Turnip greens, Blackstrap molasses, Cow's milk, Cheddar cheese, Yogurt
Vitamin D	Cereals (ready-to-eat, fortified), Egg yolk, Cow's milk (fortified), Soymilk or other nondairy milk (fortified)
Riboflavin	Almonds, Cereal (ready-to-eat, fortified), Cow's milk, Yogurt, Egg, Mushrooms, Soymilk (fortified)
Vitamin B12	Cereals (ready-to-eat, fortified), Cow's milk, Egg, Nutritional yeast miniflakes, Soymilk or other nondairy milks (fortified), Veggie "meats" (fortified)
Linolenic Acid	Canola oil, Flaxseed, Flaxseed oil, Soybean oil, Soybeans, Tofu, Walnuts, Walnut oil

