
A vegetarian diet, if done properly, can contribute to a healthy lifestyle

Types of Vegetarians:

Vegan

** no animal products*

Lacto-vegetarian

** no animal products except dairy*

Ovo-vegetarian

** no animal products except eggs*

Lacto-Ovo vegetarian

** no animal products except dairy and eggs*

Semi-vegetarian

** any of the above but may also include fish and/or poultry*

Possible nutrients of concern with vegetarian eating:

Protein

Calcium (see "Bone Health" brochure)

Vitamin D (see "Bone Health" brochure)

Vitamin B12

Iron (see "Iron" brochure)

Zinc

Sample Vegan Entrees:

Beans and rice

Stir fry with beans, tofu, nuts, tempeh, and/or seeds

Bean soup

Bean burrito or taco without cheese

Baked beans

Bean, tofu, or tempeh casserole

Grilled tempeh with vegetables

Sample Lacto-Vegetarian Entrees:

Lazagna

Pizza

Calzones

Quesadilla

Bean burrito or taco with cheese

Sample Ovo-Vegetarian Entrees:

Quiche

Omelets

.

See other related brochures in this series:

Sports Nutrition

Food Combos

Bone Health

Healthy Snacks

Healthy Weight Gain

Healthy Weight Loss

Iron

If you have additional questions or would like to have a diet evaluation, make an appointment with:

Pam Stuppy, MS, RD, LD

PEA Dietitian

3rd floor Lamont Health and Wellness Center

603-777-3522

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Nutrition Topics

Vegetarian Eating



Phillips Exeter Academy
Dining Services

Protein - for Vegetarian Adolescents

Adolescent - average activity

.6-.7 grams per pound of body weight

Adolescent - athlete

.8 grams per pound of body weight

<u>Food</u>	<u>Portion</u>	<u>Protein(gm)</u>
milk	8 oz. (1 cup)	8
yogurt	8 oz.	10
cheese	1 oz.	7
cottage cheese	1/4 cup	7
egg	1	7
egg white	1	3
grains/starches		
rice/pasta/cooked cereal		
1/2 cup		2
roll/English muffin/bagel		
1/2		2
starchy vegetable (potato, corn, etc)		
1/2 cup		2
cereal	1 oz.	2
bread	1 slice	2
legumes (chick peas, lentils, kidney beans, hummus, etc.)		
1/2 cup		7
tofu	1/4 cup	8
tempeh	1/4 cup	8
nuts/seeds	1/4 cup	6
peanut butter	2 tablespoons	7

For higher quality protein (adequate amino acids) vegans should try to include something from any two of these food categories every day:

Grains

Legumes (beans)

Nuts/Seeds

Vegetarian Food Pyramid



Vegetarian Food Pyramid Guidelines

Fats, Oils, Sweets

Use sparingly

Milk, Yogurt, Cheese

4 servings daily

Beans, Nuts, Seeds, Eggs, Meat Substitutes

2-3 servings daily

Vegetables

3-5 servings daily

Fruits

2-4 servings daily

Bread, Rice, Cereal, Pasta

6-11 servings daily

Adolescent Calcium Needs = 1300mg/day

Vegan/non-dairy food sources:

Poppy seeds, sesame seeds, calcium processed tofu, fortified soy milk, almonds, soy beans, figs, haricot beans, spinach, brazil nuts, chickpeas, kale, broccoli, spring greens, white cabbage, plus rice or oat drinks fortified with calcium

Some Dairy Sources:

<u>Food</u>	<u>Portion</u>	<u>Calcium(mg)</u>
Milk	8 oz.	300
Yogurt	8 oz.	300-450
Cottage Cheese	1/4 cup	70-150
Cheese	1 oz.	125-150

Vitamin D

Sunlight in summer months

Fortified foods

Milk

Soy milk

Some cereals

Some yogurt

Supplements

Vitamin B12

Available from even small amounts of animal protein or can be acquired from fortified foods or a supplement

Zinc

legumes (beans),

nuts

seeds

whole grains