

Vegetarianism

Is it a diet for you?

What is vegetarianism?

- Vegetarianism is the abstinence from meat, fish and fowl from the diet.

Types of Vegetarians

- All types consume plant based foods
- Vegan-eat no meats or animal products
- Pesco-vegetarian- eat fish
- Lacto-ovo-vegetarian- eat dairy and eggs
Lacto-vegetarian- eat dairy
- Ovo-vegetarian- eat eggs
- Pollo-vegetarian- eat poultry

Reasons for Vegetarianism

- Compassion for animals
- Aesthetic considerations
- Ecological reasons
- Spiritual reasons
- Health reasons

Reasons for Vegetarianism

- Economic considerations
- Influence of family friends and famous people

Nutritional Concerns

- Ages 13 to 19 years is a time of rapid growth and development
- Nutritional needs are high
- Most concerned with protein, calcium, iron and vitamin B12
- Variety is Key

Protein

- Growth, maintenance, repair, enzymes, hormones and antibodies. Also energy source
- Beans, bread, cereals, nuts, peanut butter, tofu and soy milk. Also cow's milk and cheese.
- Mixture of plant proteins to provide enough essential amino acids

Calcium

- Build bones and teeth
- Cow's milk and dairy products; tofu with calcium sulfate, green leafy vegetables, and calcium fortified soy milk and orange juice.

Iron

- Prevents anemia/aids in carrying oxygen to cells
- Include a food containing vitamin C to increase iron absorption
- Sources of iron
 - Broccoli, raisins, watermelon, spinach, black-eyed peas, blackstrap molasses, chick peas and pinto beans
 - Cook with iron skillet

Vitamin B12

- Cell functioning of bone marrow, nervous system and intestines.
- Limited plant sources of this nutrient
- Some fortified cereals and soy milk; supplements

Common Vegetarian Foods

- Macaroni and cheese
- Spaghetti
- Cheese pizza
- Eggplant parmesan
- Vegetable soup
- Pancakes
- Oatmeal
- Bean tacos
- Vegetable lo mein
- French toast
- Scrambled eggs
- Vegetable pot pie
- Cheese lasagna
- Peanut butter and jelly

Some Vegetarians also eat...

- Tofu
- Tempeh
- Bulgher
- Lentils
- Whole wheat flour
- Sprouts
- Chick peas
- Rice cakes
- Kidney beans
- Soy burgers
- Nut loaf
- Nutritional yeast
- Wheat germ
- Guacamole

Famous Vegetarians

- Leonardo Da Vinci
- Albert Einstein
- Plato
- Paul McCartney
- Madonna
- Natalie Merchant
- Monie Love

And.....?

Vegetarian Web Sites

- www.vegetariantimes.com
- www.vrg.org
- www.vegkitchen.com
- www.naus-online.org
- www.recipesource.com