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**VEGETARIANISM QUESTIONS**

1. What is a vegetarian?

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2. People become vegetarians for many reasons. List 3 reasons.

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3. There are several different types of vegetarians. What foods do each of the following types of vegetarians eat?

1. Vegan: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Lacto-Ovo Vegetarian: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Lacto Vegetarian: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Ovo Vegetarian: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Pesco Vegetarian: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. Fruitarian: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. Why must a vegetarian diet be well-planned?

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5. Why must special care be taken in planning protein sources in a vegetarian diet?

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6. Name 3 positive benefits of eating a well-balanced vegetarian diet.

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7. Name 3 ways a poorly balanced vegetarian diet can be detrimental to good health.

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8. What is the key to a healthy vegetarian diet?

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9. Name 4 good vegetarian sources of protein.

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

10. Name 4 good vegetarian sources of iron.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

11. How can a person increase the amount of iron absorbed at a meal?

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12. Name 4 good vegetarian sources of calcium.

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13. Name 2 good vegetarian sources of omega-3 fatty acids.

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14. Vitamin B12 comes primarily from animal-derived foods. What could a vegetarian eat that would provide them with vitamin B12?

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15. Name 3 food items that can be used to replace ‘*one egg’* when cooking.

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16. Name 3 foods that can be used as *‘dairy substitutes’* when cooking.

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17. What is ‘tempeh’?

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18. What can you do to tofu before using it to give it a more meaty texture when using it as a meat substitute in a recipe?

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**VEGETARIANISM**

**WHAT ARE VEGETARIAN DIETS?**

A vegetarian is someone who does not eat meat. Vegetarianism is not a new dietary trend. It is a pattern of eating that has been followed for centuries by followers of some religions and by those who have not had meat available to them. In North America, vegetarian diets have become increasingly popular for many reasons:

1. Religious doctrine may restrict followers from eating foods from animal sources.
2. Concerns that a high consumption of meat, especially beef, reduces the world food supply since the cattle are fed grain to fatten them for market. The livestock consume more calories in grain than they produce meat. The grain could be used for human consumption.
3. Land used to graze cattle could be used to grow food for human consumption.
4. Some fear that meat and dairy products are full of injurious additives and pesticides.
5. Some have a moral position against taking animal life.
6. Concerned by the fact that more and more studies link the high fat association with meat and dairy products with cancers, heart disease and obesity.
7. Cost may be a factor. Vegetarian alternatives are less expensive than meat.

**TYPES OF VEGETARIANS**

There are several different vegetarian food patterns. Almost all vegetarians eat vegetables, fruits, legumes (beans), nuts, and enriched breads and cereals. Some eat animal products such as milk products and eggs; and others consume poultry and/or fish.

* *Vegans*: consume foods only from plant sources. No animal or dairy products.
* *Lacto-Ovo Vegetarians*: are vegetarians who eat milk (lacto) products and eggs (ovo) but no other animal products.
* *Lacto-Vegetarians*: supplement their diet with milk products.
* *Ovo-Vegetarians*: supplement their diets with eggs.
* *Pesco*-*Vegetarians*: are vegetarians who supplement their diet with fish products.
* *Fruitarians*: follow a strict diet of fruit only.

**A BALANCED VEGETARIAN DIET**

It is essential that a vegetarian diet is well-planned to avoid a lack of essential nutrients, especially protein. Sources of essential vegetable proteins must be carefully planned in the correct combinations to supply essential amino acids. Good sources of protein are necessary because proteins have unique building roles in the body. Proteins are made of chains of chemical building blocks called amino acids. The body can make some amino acids but essential amino acids must come from the foods you eat. Vegetarians who abstain from animal sources of protein altogether must become knowledgeable about complementary protein foods. A carefully chosen vegetarian diet can be as healthy and nutritionally sound as a diet that includes meat.

Vegetarians who eat a well-balanced diet are found to be:

* Thinner because they consume fewer calories
* Have lower risk of heart disease because they consume less saturated fat and cholesterol
* Generally healthier and live longer
* Have lower blood pressure
* Have lower incidence of cancer of the colon
* Have stronger bones in old age

A vegetarian diet that is selected haphazardly can be detrimental to health. A diet of low-quality protein may slow growth and development among children, teenagers and pregnant women. A strict vegetarian diet that avoids all animal sources of food generally causes Vitamin B12 deficiency. Symptoms of B12 deficiency are anemia, fatigue, and even degeneration of peripheral nerves progressing to paralysis. Also when milk and milk products are avoided, calcium and Vitamin D are generally deficient.

The key to healthy vegetarian diet, as in all diets, is variety. A healthy, varied vegetarian diet includes fruits, vegetables, plenty of leafy greens, whole grain products, nuts, seeds and legumes.

**VEGETARIAN NUTRITION**

**Protein**

Vegetarians easily meet their protein needs by eating a varied diet, as long as they consume enough calories to maintain a healthy weight. It is not necessary to plan combinations of foods. A mixture of proteins throughout the day will provide enough “essential amino acids”. An advantage of eating vegetarian protein foods is that they are lower in saturated fat then meats and often higher in fiber and richer in some vitamins and minerals.

Good protein sources are: lentils, tofu, low-fat dairy products, nuts, seeds, tempeh, and peas. Many common foods such as whole grain breads, greens, potatoes, pasta, and corn quickly add to protein intake.

**Iron**

Good iron sources are: dried beans, spinach, chard, beet greens, bulgar, prune juice, and dried fruits. To increase the amount of iron absorbed at a meal, eat a food containing Vitamin C such as citrus fruit or juices, tomato, or broccoli. Cooking food in iron cookware also adds to iron intake.

**Calcium**

The calcium intakes of lacto-vegetarians are similar to those of the general population, but people who use no dairy products risk deficiency. Good calcium sources are: collard greens, broccoli, kale, low-fat dairy products, turnip greens, tofu prepared with calcium, and fortified soy milk. Choices should be varied because calcium absorption from some plant sources may be limited.

**Omega-3 Fatty Acids**

Vegetarian diets typically provide enough omega-6 fatty acids, but lack in omega-3 fatty. Good omega-3 fatty acid sources are: flaxseeds, walnuts, soybeans, and soybean oil.

**Vitamin B12**

The adult recommended intake for vitamin B12 is very low. Vitamin B12 comes primarily from animal-derived foods. A diet containing dairy products or eggs provides adequate vitamin B12. Fortified foods, such as some brands of cereal, nutritional yeast, soy milk, or soy analogs, are good sources non-animal sources. Tempeh and sea vegetables may contain vitamin B12, but their content varies and may be unreliable. To be on the safe side, if you are one of the few people who do not consume dairy products, eggs, or fortified foods regularly, you can take a non-animal derived supplement. Without vitamin B12, the nerves suffer damage, leading to such health concerns as loss of vision.

**MAKING RECIPES VEGETARIAN**

**Egg Replacers (Binders)**

Any of the following can be used to replace eggs:

* 1 banana for 1 egg (great for cakes, pancakes, etc.)
* 2 Tbsp of cornstarch or arrowroot starch for 1 egg
* Ener-G Egg Replacer (or similar product available in health food stores)
* 1/4 cup tofu for 1 egg (blend tofu smooth with the liquid ingredients before they are added to the dry ingredients)

**Dairy Substitutes**

The following can be used as dairy substitutes in cooking:

* Soy milk
* Soy margarine
* Soy yogurt
* Rice milks
* Nut milks (blend nuts with water and strain)

**Meat Substitutes**

The following can be used as meat substitutes:

* Tempeh (cultured soybean with a chewy texture)
* Tofu (freezing and then thawing gives tofu a meaty texture)
* Wheat Gluten or Seitan (made from wheat and has the texture of meat)
* Texture Vegetable Protein (TVP) (made from soybeans; low in fat, and high in protein and fiber)
* Legumes, Nuts and Seed

References: Whitney E. & Rolfes S. (2005).Understanding Nutrition 10th Ed.