

A
better
tomorrow
**starts
today.**

Eating Vegetarian

A well-planned vegetarian diet is a healthy way to meet your nutritional needs. Find out all we have to offer at campus dining to help you enjoy a healthy and balanced plant-based diet.

On campus it is easier than you may think to consume a healthy and balanced vegetarian diet. With a basic understanding of key nutrients and vegetarian protein sources, making choices that produce a nourishing vegetarian diet can become second nature very quickly.



Types of Vegetarian Diets

When people think about a vegetarian diet, they typically think about a diet that does not include meat, poultry or fish. But vegetarian diets can be further categorized into three types:

- **Vegan diets** exclude meat, poultry, fish, eggs and dairy products — and foods that contain these products.
- **Lacto-vegetarian diets** exclude meat, fish, poultry and eggs, as well as foods that contain them. Dairy products, such as milk, cheese, yogurt and butter, are allowed in a lacto-vegetarian diet.
- **Lacto-ovo vegetarian diets** exclude meat, fish and poultry, but allow eggs and dairy products.

The term 'vegetarian' generally describes a person who does not consume meat, poultry, fish or seafood. There are several types of vegetarians and the vegetarian diet can fluctuate depending on which category the person falls into.

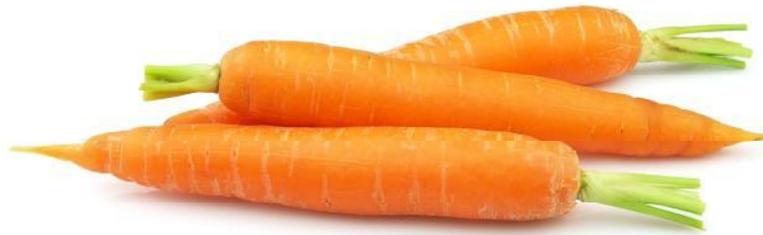
Some people follow a semi-vegetarian diet — also called a flexitarian diet — which is primarily a plant-based diet but includes meat, dairy, eggs, poultry and fish on occasion or in small quantities.

Balanced Vegetarian Eating

A healthy diet takes planning. Below are some tips to guide you in your dining choices.



- **Protein** has many important functions in the body and is essential for growth and maintenance. Protein needs can easily be met by eating a variety of plant-based foods. Sources of protein for vegetarians include beans, nuts, nut butters, peas, and soy products (tofu, tempeh, veggie burgers). Milk products and eggs are also good protein sources for lacto-ovo vegetarians.
- **Iron** functions primarily as a carrier of oxygen in the blood. Iron sources for vegetarians include iron-fortified breakfast cereals, spinach, kidney beans, black-eyed peas, lentils, turnip greens, molasses, whole wheat breads, peas, and some dried fruits (dried apricots, prunes, raisins).



- **Calcium** is used for building bones and teeth and in maintaining bone strength. Sources of calcium for vegetarians include calcium-fortified soymilk, calcium-fortified breakfast cereals and orange juice, tofu made with calcium sulfate, and some dark-green leafy vegetables (collard greens, turnip greens, bok choy, mustard greens). Milk products are excellent calcium sources for lacto-vegetarians. Calcium supplements are another potential source.
- **Zinc** is necessary for many biochemical reactions and also helps the immune system function properly. Sources of zinc for vegetarians include many types of beans (white beans, kidney beans, and chickpeas), zinc-fortified breakfast cereals, wheat germ, and pumpkin seeds. Milk products are a zinc source for lacto-vegetarians.
- **Vitamin B12** is found in animal products and some fortified foods. Sources of vitamin B12 for vegetarians include milk products, eggs, and foods that have been fortified with vitamin B12. These include breakfast cereals, soymilk, veggie burgers, and nutritional yeast.