



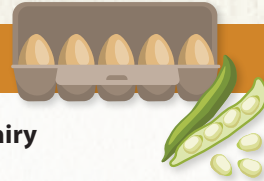
Balance Your Vegetarian/Vegan Plate

A vegetarian diet may be adopted for different reasons: environmental concerns, ethical reasons, personal preference or religious beliefs. In general these diets do not include, meat, fish or poultry or any products made from these foods. Dairy and/or egg (or products made with them) are generally consumed.

A vegan diet is one in which only plant products are consumed. In most cases, following either dietary plan can provide you with all the nutrition you need. However, more thought will need to be given when planning your meals to ensure that the necessary nutrients are consumed.

Include foods from all the major food groups represented on the plate: protein, grains, vegetables, fruits and fats.

Protein



Meat Substitutes/Dairy and Eggs

- Include eggs, yogurt, milk, cheese, legumes, seeds, nuts and nut butters, soy, tofu, tempeh, seitan

Based on your weight and activity level you may need more than one serving at meals

- Whole egg
- Milk/soy milk or yogurt
- Cottage cheese
- Legumes (beans/lentils/edamame)
- Tofu (soybean product), tempeh (fermented soybean product with a slightly nutty taste), seitan (wheat gluten), or TVP (Textured Vegetable Protein)
- Nuts or seeds (small handful)
- Cheese
- Nut butter
- Quinoa or amaranth

Grains/Starches



- Include: breads (whole wheat is recommended), pastas, cereal, rice, tortillas, crackers

Fruits & Vegetables



- Choose a variety of fruits and vegetables daily to ensure you are getting all the benefits of anti-oxidants and vitamins they contain.

Healthy Fats*



- Nuts, seeds, avocado, milled or crushed flax seed or flax seed oil, olives and olive oil.
- Occasionally choose sweets such as desserts in addition to your balanced plate, rather than a large part of it.
- Fried foods provide fats, choose less frequently.

*If your foods already contain fat, added healthy fat is not necessary.

Vitamins and Minerals:

B12 – Found in animal products including dairy foods and egg yolks. It can also be found in fortified cereals and grains.

Those following a vegan diet will need a supplement.

Calcium – Dairy products are your best natural source – aim for 2-3 servings per day. Check plant based milks, yogurts and tofu for added calcium. Remember to choose the full serving size – 1 cup milk, 1/2 - 2/3 cup yogurt, 1/2 cup tofu.

If you don't think you are meeting your needs, consider a supplement.

Vitamin D – Consuming 2-3 servings of milk, fortified yogurt or fortified plant based milk daily is recommended. If this is a challenge for you, take a supplement. Vitamin D is difficult to get from diet alone and most people do not get the daily sun exposure needed to make enough of this vitamin.

Additional food sources of vitamin D include egg yolk and mushrooms.

Iron – Found in egg yolk, legumes, fortified grains and cereals, dark green veggies and tofu. Adding a food high in vitamin C at each meal will help you absorb the iron in that meal. (See list below)

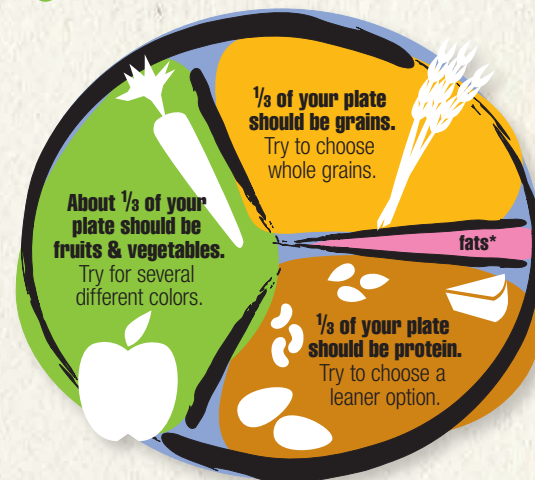
Foods High in Vitamin C

- Citrus fruits and juices (oranges, grapefruit, pineapple)
- Guava
- Kiwi
- Strawberries
- Cantaloupe
- Papaya , mango
- Baked potato
- Bell peppers
- Tomatoes and tomato products
- Dark leafy greens

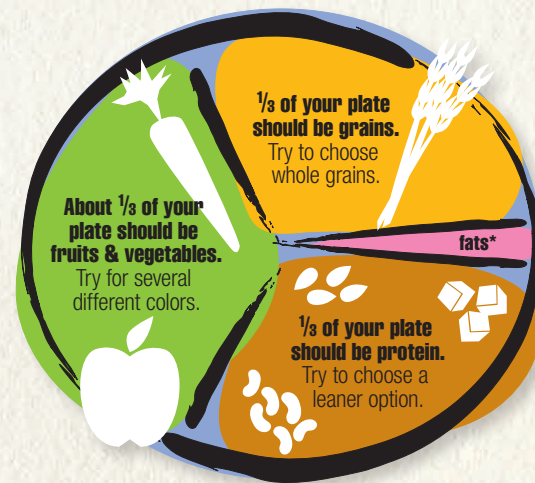
A Word About Energy Needs

You may need to adjust the amount that you eat to meet your energy needs. Keep an eye on your energy levels and contact a Student Health Nutritionist for advice.

Vegetarian Plate



Vegan Plate



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