





# Vegetarian **Nutrition**



# What is a vegetarian?

- A person who does not eat meat, fish, poultry or products containing these foods
- Usually eats plant foods such as fruits, vegetables, beans, grains, nuts and seeds



# Why do people become vegetarians?



- Health concerns
- Feelings for animals
- Concern for world hunger
- Religious beliefs

# Advantages of vegetarian diets

- Usually lower in total fat, saturated fat and cholesterol
- Higher levels of carbohydrates, fiber, magnesium, folate, antioxidants and phytochemicals
- Decreased risk of obesity, heart disease, high blood pressure, diabetes and some types of cancer



# Types of vegetarians

- Vegan
- Lacto vegetarian
- Lacto-ovo vegetarian
- Semi-vegetarian



# Vegan

- Eats only plant-based foods
- Avoids eating any meat, poultry or fish
- Does not use animal products or by-products, including eggs, dairy products and honey





## **Lacto vegetarian**

- Eats plant-based foods, milk and milk products
- Avoids eggs, meat, fish and poultry

## Lacto-ovo vegetarian

- Eats plant-based foods, eggs, milk and milk products
- Avoids meat, poultry and fish





## **Semi-vegetarian**

- Eats plant-based foods and may include chicken or fish, dairy products and eggs
- Does not eat red meat

## Vegetarian diets

- Can be healthful and nutritionally adequate if well-planned to include essential nutrients
- Require special planning in order to meet nutrient needs for pregnant women, children and teenagers



# Nutritional considerations for vegetarians

- Dietary recommendations vary with the type of vegetarian diet
- The more restrictive the diet, the more difficult it may be to get necessary nutrients

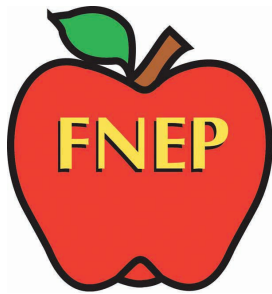


## Key nutrients to consider:

- |                                  |                                       |  |
|----------------------------------|---------------------------------------|--|
| <input type="checkbox"/> Protein | <input type="checkbox"/> Zinc         | <input type="checkbox"/> Calories            |
| <input type="checkbox"/> Calcium | <input type="checkbox"/> Vitamin D    | <input type="checkbox"/> Omega-3 fatty acids |
| <input type="checkbox"/> Iron    | <input type="checkbox"/> Vitamin B-12 |  |

## **Tips for vegetarian diets**

- Make sure diet provides enough calories
- Choose a wide variety of foods
- Include whole grains, vegetables, fruits, legumes, nuts and seeds
- If using dairy products, choose low-fat varieties
- If using eggs, do so in moderation
- Use a regular source of B-12
- Use a regular source of Vitamin D if sunlight exposure is limited
- Some people may benefit from fortified foods or nutritional supplements to meet specific nutrient needs



Funded in part by USDA SNAP.

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