

Prepared For:		Date:	
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General, Healthful Vegetarian Nutrition Therapy

The general, healthful vegetarian diet is based on the US Dietary Guidelines and is intended as a guide for adults and older children who want to follow a healthy vegetarian eating pattern. It can be used by individuals eating any of the following types of vegetarian diets.

Types of Vegetarians

As you discuss nutrition and meal planning with your registered dietitian (RD) or other health care providers, it can be useful to identify the type of vegetarian you are.

- **Lacto-ovo vegetarian:** Does not eat meat, poultry, seafood, or products made from meat, poultry, or seafood (such as gelatin, broths, gravy, and lard).
- **Lacto-vegetarian:** Does not eat meat, poultry, seafood, or products made from meat, poultry, or seafood (such as gelatin, broths, gravy, and lard). Also does not eat eggs or products containing eggs (such as many baked goods).
- **Vegan:** Does not eat meat, poultry, seafood, or products made from meat, poultry, or seafood (such as gelatin, broths, gravy, and lard). Also does not eat eggs, products containing eggs, milk, dairy foods (such as cheese, yogurt, and ice cream), ingredients made from milk (such as whey and casein), or honey.

Vegetarian Nutrition Tips

You may find it useful to meet with an RD. The RD can help design an eating plan that meets your personal nutritional needs. Here are some general tips for making healthy vegetarian choices:

- Eat mostly fruits, vegetables, whole grains, and fat-free or low-fat milk and milk foods or fortified nondairy “milks.”
 - Choose a variety of different colored fruits and vegetables every day, especially dark-green vegetables, red and orange vegetables, and beans and peas.
 - Choose whole grains for at least half of each day’s grain servings. Choices include whole wheat, brown rice, oats, barley, bulgur, and cornmeal.
- For protein, choose beans and peas, soy foods, nuts, and nut butters. Eat eggs and fat-free or low-fat dairy products if they fit the type of vegetarian diet you follow.
- Choose heart-healthy fats, such as olive oil and canola oil.
- Limit foods with added sugar, saturated fats, and *trans* fats.

Foods Recommended

Food Group	Recommended Foods
Grains	Whole grain products and whole grains used as ingredients such as whole wheat bread, quinoa, millet, and bulgur; bread, rolls, and pasta made from whole grains; brown or wild rice; hot or cold cereals made from whole grains and without added sugar; whole grain cereals and crackers; oatmeal; and brown rice. Choose whole grains for at least half of your grain servings.
Vegetables	All fresh vegetables, especially fresh dark green, red, or orange vegetables; peas and beans; low-sodium frozen and canned vegetables; low-sodium vegetable juices.
Fruits	All fresh and dried fruits; canned fruit packed in juice without added sugar; frozen fruit without added sugar; fruit juices without added sugar
Milk and Milk Products	Low-fat or fat-free milk*; buttermilk*; evaporated skim milk*; fortified soy milk; nonfat or low-fat yogurt*; powdered milk*; nonfat or low-fat cheese*; low-fat ice cream*
Protein Foods	Dried beans and peas; soy products; unsalted nuts and nut butters; eggs*
Fats and Oils	Heart-healthy vegetable oils such as olive, flaxseed, canola oils and margarine; low-fat salad dressing and mayonnaise
Other	Soups and casseroles made from allowed ingredients and without added fat or salt

*Note: Those following a vegan diet will not include asterisked foods. Those following a lacto-vegetarian or a vegan diet will not include eggs.

Foods Not Recommended

Food Group	Foods Not Recommended
Grains	Sweetened, low-fiber cereals; packaged baked goods; snack crackers and chips, cheese crackers, butter crackers; biscuits; frozen waffles; sweet breads, doughnuts, pastries, packaged baking mixes, pancakes, cookies
Vegetables	Canned or frozen vegetables with salt; fried vegetables; vegetables in cream sauce or cheese sauce
Fruits	None, except fruits packed in syrup
Milk and Milk Products	Whole milk; cream; cheeses made from whole milk; sour cream; yogurt or ice cream made from whole milk; cream cheese
Protein Foods	Solid shortening or partially hydrogenated oils; solid margarine; margarine that contains <i>trans</i> fats; butter
Alcohol (adults 21 years and older)	More than one drink per day
Other	Regular soft drinks or other sugary beverages; juice drinks; sugary and/or fatty desserts; candy and other sweets; salt or seasonings that contain salt

Vegetarian (Lacto-Ovo) Sample 1-Day Menu

Breakfast	<p>1 cup melon balls 1 ounce whole grain, ready-to-eat cereal 1 slice whole wheat toast 1/2 tablespoon peanut butter 1 medium banana 1 cup low-fat milk</p>
Lunch	<p>2 slices whole-wheat bread 2 oz soy-based deli slices 1/4 cup lettuce for sandwich 2 slices tomato for sandwich 1 medium apple 1/2 cup baby carrots 1 cup low-fat milk</p>
Afternoon Snack	<p>6 whole-grain crackers 1/2 cup dried apricots 1/2 oz unsalted almonds 1 cup orange juice, with Calcium/Vitamin D</p>
Evening Meal	<p>1 whole wheat tortilla for burrito 1/2 cup refried vegetarian beans 1/4 cup chopped tomatoes for burrito 1/4 cup lettuce for burrito 1/4 cup salsa 1/2 cup brown rice with vegetables 1/2 tablespoon olive oil for rice 1/2 cup sweet corn in rice 1/2 cup broccoli in rice</p>

Vegan Sample 1-Day Menu

Breakfast	1 slice whole wheat toast 1/2 tablespoon almond butter 1 ounce whole grain ready-to-eat cereal 1 cup sliced strawberries 1 cup soy milk, calcium-fortified
Lunch	1 whole-wheat tortilla for buritto 1/2 cup refried vegetarian beans 1/4 cup salsa 1/4 cup lettuce for buritto 1/4 cup chopped tomatoes for burrito 1/2 cup baby carrots 1 teaspoon flaxseed oil for carrots 1/2 teaspoon lemon juice for carrots 1 cup orange juice, calcium-fortified
Afternoon Snack	1/2 oz unsalted cashews 1/2 cup dried apricots 1 cup soy milk, calcium-fortified
Evening Meal	1 cup tofu (calcium-set) 1 cup kale 1/2 cup red pepper strips 1 cup brown rice 2 teaspoons olive oil 1 cup cubed cantaloupe 1/2 cup sherbet

Ovovegetarian Sample 1-Day Menu

Breakfast	1 cup oatmeal 2 scrambled eggs 1 slice whole-grain toast 1 cup fortified soymilk 1 banana
Lunch	1 cup vegetarian chili 1 oz cornbread 1 teaspoon margarine 4 celery sticks 1 apple 1 cup fortified soymilk
Afternoon Snack	1 cup soy yogurt 1 oz mixed nuts
Evening Meal	1.5 cups vegetables, stir-fried 1/2 cup tofu, stir-fried 1 cup brown rice 1 cup fresh cantaloupe 1 cup carrot juice

Red Meat Avoidance Sample 1-Day Menu

Breakfast	1 cup oatmeal 1 slice whole-grain toast 2 scrambled eggs 1 banana 1 cup nonfat milk
Lunch	1 cup vegetarian chili 1 oz cornbread 1 teaspoon margarine 1 apple 4 celery sticks 1 cup nonfat milk
Afternoon Snack	1 oz mixed nuts
Evening Meal	6 oz roasted chicken breast 1/2 cup mashed potatoes 1/8 cup gravy 1 cup mixed vegetables 2 teaspoon margarine 1 cup cantaloupe 1 cup carrot juice

