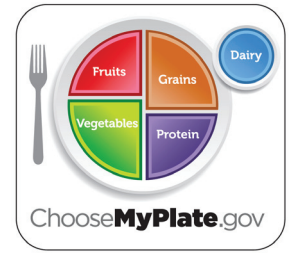


10 tips

Nutrition
Education Series

healthy eating for vegetarians

10 tips for vegetarians



A vegetarian eating pattern can be a healthy option. The key is to consume a variety of foods and the right amount of foods to meet your calorie and nutrient needs.

1 think about protein

Your protein needs can easily be met by eating a variety of plant foods. Sources of protein for vegetarians include beans and peas, nuts, and soy products (such as tofu, tempeh). Lacto-ovo vegetarians also get protein from eggs and dairy foods.

2 bone up on sources of calcium

Calcium is used for building bones and teeth. Some vegetarians consume dairy products, which are excellent sources of calcium. Other sources of calcium for vegetarians include calcium-fortified soymilk (soy beverage), tofu made with calcium sulfate, calcium-fortified breakfast cereals and orange juice, and some dark-green leafy vegetables (collard, turnip, and mustard greens; and bok choy).



3 make simple changes

Many popular main dishes are or can be vegetarian—such as pasta primavera, pasta with marinara or pesto sauce, veggie pizza, vegetable lasagna, tofu-vegetable stir-fry, and bean burritos.

4 enjoy a cookout

For barbecues, try veggie or soy burgers, soy hot dogs, marinated tofu or tempeh, and fruit kabobs. Grilled veggies are great, too!

5 include beans and peas

Because of their high nutrient content, consuming beans and peas is recommended for everyone, vegetarians and non-vegetarians alike. Enjoy some vegetarian chili, three bean salad, or split pea soup. Make a hummus-filled pita sandwich.



6 try different veggie versions

A variety of vegetarian products look—and may taste—like their non-vegetarian counterparts but are usually lower in saturated fat and contain no cholesterol. For breakfast, try soy-based sausage patties or links. For dinner, rather than hamburgers, try bean burgers or falafel (chickpea patties).

7 make some small changes at restaurants

Most restaurants can make vegetarian modifications to menu items by substituting meatless sauces or non-meat items, such as tofu and beans for meat, and adding vegetables or pasta in place of meat. Ask about available vegetarian options.



8 nuts make great snacks

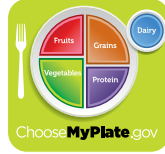
Choose unsalted nuts as a snack and use them in salads or main dishes. Add almonds, walnuts, or pecans instead of cheese or meat to a green salad.

9 get your vitamin B₁₂

Vitamin B₁₂ is naturally found only in animal products. Vegetarians should choose fortified foods such as cereals or soy products, or take a vitamin B₁₂ supplement if they do not consume any animal products. Check the Nutrition Facts label for vitamin B₁₂ in fortified products.

10 find a vegetarian pattern for you

Go to www.dietaryguidelines.gov and check appendices 8 and 9 of the *Dietary Guidelines for Americans, 2010* for vegetarian adaptations of the USDA food patterns at 12 calorie levels.



Vary your protein routine

Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources. We all need protein—but most Americans eat enough, and some eat more than they need. How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces* of protein foods each day depending on overall calorie needs.

1 Vary your protein food choices
Eat a variety of foods from the Protein Foods Group each week. Experiment with beans or peas, nuts, soy, and seafood as main dishes.

2 Choose seafood twice a week
Eat seafood in place of meat or poultry twice a week. Select a variety of seafood, including those that are higher in oils and low in mercury, such as salmon, trout, and herring.



3 Select lean meat and poultry
Choose lean cuts of meat like round or sirloin and ground beef that is at least 93% lean. Trim or drain fat from meat and remove poultry skin.

4 Save with eggs
Eggs can be an inexpensive protein option and part of a healthy eating style. Make eggs part of your weekly choices.

5 Eat plant protein foods more often
Try beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), nuts, and seeds. They are lower in saturated fat and some are higher in fiber.



6 Consider nuts and seeds
Choose unsalted nuts or seeds as a snack, on salads, or in main dishes. Nuts and seeds are a concentrated source of calories, so eat small portions to keep calories in check.

7 Keep it tasty and healthy
Try grilling, broiling, roasting, or baking—they don't add extra fat. Some lean meats need slow, moist cooking to be tender—try a slow cooker for them. Avoid breading meat or poultry, which adds calories.

8 Make a healthy sandwich
Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches. Many deli meats, such as regular bologna or salami, are high in fat and sodium—make them occasional treats only.



9 Think small when it comes to meat portions
Get the flavor you crave but in a smaller portion. Make or order a small turkey burger or a “petite” size steak.

10 Check the sodium
Check the Nutrition Facts label to limit sodium. Salt is added to many canned foods—including soups, vegetables, beans, and meats. Many processed meats—such as ham, sausage, and hot dogs—are high in sodium. Some fresh chicken, turkey, and pork are brined in a salt solution for flavor and tenderness.

* What counts as an ounce of protein foods? 1 ounce lean meat, poultry, or seafood; 1 egg; ¼ cup cooked beans or peas; ½ ounce nuts or seeds; or 1 tablespoon peanut butter.

Portion Distortion Quiz

You've probably noticed that food portions in restaurants and other places have grown in size and provide enough food for at least two people. Larger portion sizes can lead to bigger waistlines and weight gain.

Take the Portion Distortion Quiz below to see if you know how today's portions compare to the portions available 20 years ago, and about the amount of physical activity required to burn off the extra calories provided by today's portions. The answers are provided below.

1. A **bagel** 20 years ago was 3 inches in diameter and had 140 calories. How many calories do you think are in today's bagel?
 - a. 150 calories
 - b. 250 calories
 - c. 350 calories

2. A **cheeseburger** 20 years ago had 333 calories. How many calories do you think are in today's cheeseburger?
 - a. 590 calories
 - b. 620 calories
 - c. 700 calories

3. A 6.5-ounce portion of **soda** had 85 calories 20 years ago. How many calories do you think are in today's portion?
 - a. 200 calories
 - b. 250 calories
 - c. 300 calories

4. 2.4 ounces of **french fries** of 20 years ago had 210 calories. How many calories do you think are in today's portion?
 - a. 590 calories
 - b. 610 calories
 - c. 650 calories

5. A portion of **spaghetti and meatballs** 20 years ago had 500 calories. How many calories do you think are in today's portion of spaghetti and meatballs?
 - a. 600 calories
 - b. 800 calories

- c. 1,025 calories
6. A cup of **coffee** with milk and sugar 20 years ago was 8 ounces and had 45 calories. How many calories do you think are in today's mocha coffee?
- a. 100 calories
b. 350 calories
c. 450 calories
7. A **muffin** 20 years ago was 1.5 ounces and had 210 calories. How many calories do you think are in a muffin today?
- a. 320 calories
b. 400 calories
c. 500 calories
8. Two slices of **pepperoni pizza** 20 years ago had 500 calories. How many calories do you think are in today's large pizza slices?
- a. 850 calories
b. 1,000 calories
c. 1,200 calories
9. A **chicken Caesar salad** had 390 calories 20 years ago. How many calories do you think are in today's chicken Caesar salad?
- a. 520 calories
b. 650 calories
c. 790 calories
10. A box of **popcorn** had 270 calories 20 years ago. How many calories do you think are in today's tub of popcorn?
- a. 520 calories
b. 630 calories
c. 820 calories

Thank you for taking the Portion Distortion quiz. We hope it was fun and insightful. We also hope that next time you eat out, you will think twice about the food portions offered to you.

Answers

1. c. 350 calories for a 6 inch bagel. If you rake leaves for 50 minutes you'll burn the extra 210 calories.*
2. a. 590 calories. You'll need to lift weights for 1 hour and 30 minutes, to burn the extra approximately 257 calories.*
3. b. 250 calories for a 20-ounce soda. If you work in the garden for 35 minutes you will burn the extra 165 calories.**
4. b. 610 calories for a 6.9-ounce portion of french fries. If you walk leisurely for 1 hour and 10 minutes, you will burn the extra 400 calories.**
5. c. 1,025 calories for a portion consisting of 2 cups of pasta with sauce and 3 large meatballs. If you houseclean for 2 hours and 35 minutes, you will burn approximately 525 calories.*
6. b. 350 calories for a 16-ounce cup of coffee. If you walk approximately 1 hour and 20 minutes, you will burn the extra 305 calories*
7. c. 500 calories for a 5-ounce muffin. If you vacuum for approximately 1 hour and 30 minutes you will burn the extra 310 calories*
8. a. 850 calories for 2 large slices of pizza. If you play golf (while walking and carrying your clubs) for 1 hour, you will burn the extra 350 calories**
9. c. 790 calories for a 3 cup portion. If you walk the dog for 1 hour and 20 minutes, you will burn the extra 400 calories.**
10. b. 630 calories for a tub of popcorn. If you do water aerobics for 1 hour and 15 minutes, you will burn the extra 360 calories.**

* Based on a 130-pound person

** Based on a 160-pound person

Autumn Apple & Pumpkin Oatmeal

Prep Time: 15 minutes Number of Servings: 2

Ingredients:

- 1 cup skim milk + extra ¼ cup
- ½ cup oatmeal, quick-cooking style
- 1/3 cup canned 100% pumpkin puree (not pumpkin pie filling)
- ½ cup diced, peeled apples (such as honeycrisp or fuji)
- ½ teaspoon pumpkin pie spice
- ½ teaspoon cinnamon
- Pinch of salt (optional)
- 1 teaspoon vanilla extract
- 1 ½ tablespoons 100% maple syrup or brown sugar
- ½ tablespoon ground flaxseed (optional)
- 2 tablespoons chopped walnuts, (optional)



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Pumpkin Pie Smoothie

Prep Time: 5 minutes Number of Servings: 1

Ingredients

- 1/3 cup 100% pumpkin puree
- 1 medium sliced banana (*frozen)
- 1 tablespoon ground flaxseed
- 1 tablespoon honey
- 1/4 teaspoon pumpkin pie spice
- 1/4 teaspoon cinnamon
- 1 cup unsweetened vanilla almond milk or cow's milk



*Freeze sliced, ripe bananas ahead of time for smoothies

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Pumpkin Pie Smoothie

Directions

1. Add all ingredients to a blender.
2. Blend together until smooth stirring a few times if needed.
3. If the smoothie is too thick, add a touch more almond milk and blend until you reach your desired thickness.
4. Taste and adjust honey or spices as needed.

Nutrition Facts (per serving):

Calories: 259 Protein: 5gm Total Carbohydrates: 54gm
Fiber: 10gm Total Fat: 5.5gm Cholesterol: 0mg Sodium: 176mg

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Directions:

1. In a medium-sized pot combine 1 cup milk and oatmeal and bring to a boil.
2. Add the pumpkin puree, diced apples, pumpkin pie spice, cinnamon, salt (if using), vanilla extract and maple syrup (or brown sugar) and reduce heat to a low simmer.
3. Cook for about 3 minutes or until milk is absorbed and oats are soft and creamy.
4. Remove from heat and stir in the ground flaxseed, and chopped walnuts if using as well as extra milk to make for a creamy consistency.

Nutrition Facts (per serving):

Calories: 260 Protein: 10gm Total Carbohydrates: 41gm
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