

2002

# Healthy Eating for Vegetarians

Karen Bergs  
*Utah State University*

Follow this and additional works at: [http://digitalcommons.usu.edu/extension\\_histall](http://digitalcommons.usu.edu/extension_histall)

 Part of the [Food Science Commons](#)

**Warning:** The information in this series may be obsolete. It is presented here for historical purposes only. For the most up to date information please visit [The Utah State University Cooperative Extension Office](#)

---

## Recommended Citation

Bergs, Karen, "Healthy Eating for Vegetarians" (2002). *All Archived Publications*. Paper 644.  
[http://digitalcommons.usu.edu/extension\\_histall/644](http://digitalcommons.usu.edu/extension_histall/644)

This Report is brought to you for free and open access by the Archived USU Extension Publications at DigitalCommons@USU. It has been accepted for inclusion in All Archived Publications by an authorized administrator of DigitalCommons@USU. For more information, please contact [dylan.burns@usu.edu](mailto:dylan.burns@usu.edu).

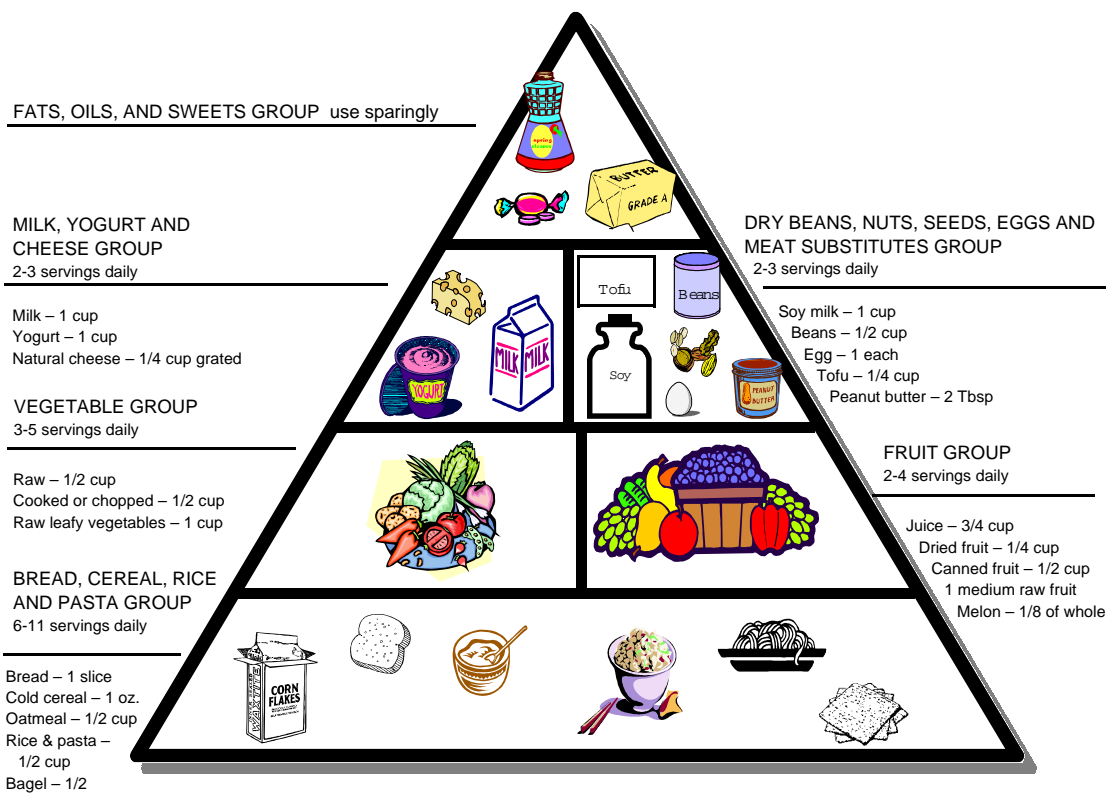




# Healthy Eating for Vegetarians

## Karen Bergs, R.D.

### Food Guide Pyramid for Vegetarians



#### What is a Vegetarian?

A vegetarian is someone who does not eat meat, fish or poultry. There are different types of vegetarians.

1. **Lacto-ovo vegetarian** – someone who eats milk products and eggs, but no meat, fish or poultry
2. **Lacto-vegetarian** – someone who eats milk products, but no meat, fish, poultry or eggs
3. **Vegan** – someone who eats no animal products at all

#### What is Soy?

Soybeans are a type of legume that can be made into many products. Soybean products can be a healthy way to get vitamins and minerals. Some products are:

- Soy milk – a non-dairy drink
- Soy flour
- Tofu – a soybean curd shaped like a soft cake

### Tips for a Healthy Vegetarian Diet

- \* Vegetarian diets can be healthy as long as you eat a variety of foods.
- \* If you are trying to cut calories and fat, avoid high fat foods even if they do come from plant sources (such as avocados).
- \* Eat breads and cereals with added vitamins and minerals.
- \* Consume soy milk products with added vitamins and minerals.
- \* Look for vegetarian burger patties.

## Quick and Healthy Snacks

You don't have to be a vegetarian to enjoy these quick and healthy snacks!

Granola	Vegetable juice
Pretzels	Veggies with dip
Popcorn	Pita pocket with veggies
Bagel	Peanuts
Oatmeal	Peanut butter
Muffin	Trail mix
Any fruit	Hummus with pita bread
Fruit leather	Cottage cheese with fruit
100% fruit juice	Yogurt
Dried fruit	Soy or dairy milk
Fruit shakes	Bean tortilla or taco

## A Word About Beans and Legumes...

Why should you include more beans and legumes? These foods can add nutrients and fiber to your diet. If you don't know what to do with beans, try these suggestions:

- Make a soup with cooked beans and vegetables
- Try making a taco or burrito topped with cooked beans, tomatoes, and lettuce
- Include cooked beans on top of your garden salad
- Substitute beans for meat in your favorite casseroles, stews or chili

### Tennessee Corn Pone Serves 10-12

4 cups canned or cooked beans (pinto or kidney)  
 2 cups cornmeal  
 2 Tsp. baking soda  
 1 Tsp. salt  
 1 quart buttermilk  
 2 eggs, slightly beaten  
 1/4 cup margarine

Preheat oven to 450°. Heat beans until quite hot and pour into a lightly greased 9"x13" baking dish. Mix the cornmeal, baking soda, and salt in a large bowl. Melt the margarine and combine with buttermilk and eggs. Stir the wet and dry ingredients together until smooth and pour them over the hot beans. Bake on the top rack of your oven until bread is a rich golden color and the sides of the corn bread pull away from the sides of the pan. This takes about 30 minutes.

### Nutrition Facts

Serving Size 1/2 cup  
 Servings Per Container 12

#### Amount Per Serving

Calories 260 Calories from Fat 60

	% Daily Value
<b>Total Fat</b> 7g	10%
Saturated Fat 2g	10%
<b>Cholesterol</b> 45mg	15%
<b>Sodium</b> 950mg	39%
<b>Total Carbohydrate</b> 38g	12%
Dietary Fiber 6g	24%
Sugars 8g	
<b>Protein</b> 12g	
Vitamin A 7%	Vitamin C 4%
Calcium 22%	Iron 13%



**Utah State**  
**UNIVERSITY**  
**EXTENSION**



Utah State University Extension is an affirmative action/equal employment opportunity employer and educational organization. Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the US Department of Agriculture, Robert L. Gilliland, Vice President and Director, Cooperative Extension Service, Utah State University, Logan, Utah. This is a publication funded by a grant from the Food and Nutrition Service (FNS) Food Stamp Program and the US Department of Agriculture (USDA), administered through the State of Utah Department of Workforce Services by USU Extension Service. This is an equal opportunity program. If you believe you have been discriminated against because of race, color, national origin, age, sex, handicap, political beliefs, or religion, write immediately to the Secretary of Agriculture, Washington, D.C. 20250.

#### Sources:

Duffy RL. *The American Dietetic Association's Complete Food and Nutrition Guide*. Minneapolis, MN; Chronimed Publishing: 1996.  
 Robertson L, Flinders C, Godfrey B. *Laurel's Kitchen*. Petaluma, CA; Nilgiri Press: 1976.