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for
LIFE™
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vegetarian eating



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There is a myth that the best form of protein only comes from meat. Vegetarians can get the right amount of quality protein, but they must choose wisely.

Vegetarians who follow a varied, balanced diet experience many health benefits, including lower cholesterol, a stable and healthy body weight, and a lower risk of developing chronic diseases such as obesity, type 2 diabetes, hypertension, and some types of cancers.

Vegetarian diets can be low in saturated fats, and high in antioxidants, beta-carotene, Vitamins C and E, and dietary fibre.

NUTRITION TIPS FOR VEGETARIANS

Complete Your Protein – Plant sources of protein are often incomplete, so try to eat a wide variety of plant proteins such as soy (tofu, edamame), legumes, nuts, seeds, cereals, and pseudocereals mixed with animal-based proteins such as eggs, cheese and milk.

Don't Forget Vitamin D – While the sun provides a source of vitamin D, vegetarians can get this bone-strengthening vitamin from fortified products and supplements. You won't find vitamin D listed on the Nutrition Facts panel but you can find it in the package ingredient list.

Be Sensible about Vitamin B12 – This important vitamin can get missed in a vegetarian diet. Like vitamin D, this nervous-system supporter isn't listed on the Nutrition Facts panel. Add eggs, yogurt or cheese to your diet. You can also find it in supplements and in fortified foods like cereal.

Iron is Essential – Iron is an element that helps your body form blood. It is most easily absorbed from meat sources, but is also found in dried fruits, nuts and seeds, legumes, tofu, and green leafy vegetables. High vitamin C levels help your body absorb iron, so add citrus fruits and peppers to your diet.

Z is for Zinc – Vegetarians find zinc in eggs, milk, nuts, seeds, grains, legumes, soy products. Zinc promotes cell reproduction which makes it especially important for growing children, and our immune systems.

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