

➤ 1800 Calorie Sample Lacto-Ovo Vegetarian Meal Plan:

- » **Breakfast:** 1 whole-wheat mini-bagel, 2 scrambled eggs, 1 fresh orange, 1 cup fortified cows' milk
- » **Snack:** 6 oz. low-fat Greek yogurt, fresh banana
- » **Lunch:** 1 veggie burger on a whole wheat bun, 2 cups of leafy green salad topped with ½ cup cherry tomatoes, ½ cup chopped cucumbers, and 2 tbsp. vinaigrette dressing. 6 oz. calcium fortified orange juice
- » **Snack:** 15 baby carrots, 1 string-cheese
- » **Dinner:** 1 cup Tofu/veggie stir-fry, ½ cup brown rice, 1 cup diced fresh fruit

➤ 2200 Calorie Sample Vegan Meal Plan:

- » **Breakfast:** 1 cup cooked oatmeal, 1 oz. almonds, ¼ cup raisins, 1.5 cups fortified soy-milk, 2 vegan sausage patties, ¾ cup blueberries, 2 tbsp. toasted wheat germ
- » **Snack:** 1 cup baby carrots, 2 tbsp. hummus
- » **Lunch:** 1 large bean burrito, 2 cups leafy greens topped with ½ cup cherry tomatoes, ½ cup chopped cucumbers, and 2 tbsp. low-fat vinaigrette dressing, 6 oz. calcium fortified orange juice
- » **Snack:** 1 fresh apple, 1 tbsp. all-natural peanut butter
- » **Dinner:** 1 cup Tofu/veggie stir-fry, ½ cup brown rice, 1 cup collard greens, 1 cup fresh pineapple, 1 cup fortified soy-milk

Recipe Idea:

Quick Black Bean Chili

Ingredients:

- 1 tbsp. olive oil
- 1 cup diced fresh or frozen red onion
- 4 cloves of garlic, chopped or 4 tsp. chopped garlic in a jar
- 3 cups low-sodium vegetable broth
- 3 (15 oz.) cans low-sodium black beans, drained
- 3 (15 oz.) cans low-sodium whole kernel corn
- 1 (14.5 oz.) can low-sodium diced tomatoes
- 1 tbsp. chili powder
- 1 tbsp. cumin
- ½ tbsp. smoked paprika

Directions: Heat oil in large saucepan over medium heat. Add in onion and garlic; cook and stir until they begin to soften. Add chili powder, cumin, and smoked paprika then stir and cook for 1 minute. Add the beans, broth, tomatoes, and corn. Bring to a boil; reduce heat and simmer for 10 minutes. Remove from heat and serve over ½ cup of cooked quinoa or brown rice. Yields ~ 10 – 12 servings.*

*Freeze some for later or use leftovers during the week as a topping for a baked potato or wrapped up in a whole-wheat tortilla!



TA-083-0915

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Vegetarian Nutrition

Nutrition Tips for all types of Vegetarians

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A vegetarian diet is a meal plan made up of foods that come mostly from plants (vegetables and fruits), legumes (beans), lentils, nuts, and seeds. Different types of vegetarian diets may also include eggs, milk, fish, and/or chicken products.

When following a vegetarian diet, include a variety of foods and in the right amounts to ensure you meet all of your nutrition requirements.

Eating a well-planned vegetarian diet may help you:

- Control your weight
- Reduce your risk of heart disease, certain types of cancer, and Type 2 diabetes
- Lower your blood pressure

There are different types of vegetarian diets:

- **Vegan:** Includes only plant-based foods. No animal proteins or animal by-products such as eggs, milk, or honey.
- **Lacto-vegetarian:** Includes plant foods plus some or all dairy products (milk, cheese, yogurt, etc.).
- **Lacto-ovo vegetarian:** Includes plant foods, dairy products, and eggs.
- **Semi-vegetarian:** Includes plant foods and may include chicken or fish, dairy products, and eggs. It does not include red meat.
- **Pescatarian:** Includes plant foods and seafood.



Teens, pregnant women, athletes, and strict vegans should work with a Registered Dietitian Nutritionist (RDN) to make sure they are getting enough protein, iron, Vitamin B-12, and other key nutrients.

When following a vegetarian diet, make sure you get all of the following nutrients:

- **Protein:** Essential for growth and tissue maintenance. Good sources of protein for vegetarians and vegans include:
 - » Beans, legumes, and lentils
 - » Soy foods (tofu, tempeh, soy-milk, veggie burgers)
 - » Nuts, nut butters, seeds
 - » Lacto-ovo vegetarians can use milk products and eggs
- **Iron:** Functions as a carrier of oxygen in the blood. Vegetarian sources of iron include:
 - » Iron-fortified breakfast cereals and whole-grain breads
 - » Spinach, turnip greens, collard greens, kale, broccoli
 - » Kidney beans, black-eyed peas
 - » Dried fruit, such as prunes, raisins, and apricots

Include a good source of **Vitamin C** (citrus fruits, strawberries, tomatoes, and bell-peppers) at every meal to enhance iron absorption.

- **Vitamin B12:** Necessary for protein synthesis and aids in energy metabolism. Only found in animal products and some fortified foods. Vegetarian sources include:
 - » Milk products
 - » Eggs
 - » Foods that have B12 added to them (fortified), such as cereal, soy milk, veggie burgers, and nutritional yeast
- **Calcium:** Builds and strengthens bones and teeth. Dairy products have the highest amount of calcium. Good sources of calcium include:
 - » Dairy products (milk, yogurt, cheese)
 - » Fortified foods (cereal, orange juice, tofu, almond milk, soy milk, or rice milk)
 - » Sardines and canned salmon with bones
 - » Dark green vegetables (collard greens, turnip greens, kale, bok choy, broccoli)
- **Zinc:** Supports a healthy immune system. The best sources of zinc come from animal foods, but good vegetarian sources include:
 - » Beans (white beans, kidney beans, and chickpeas)
 - » Zinc-fortified breakfast cereals
 - » Wheat germ, yeast, nuts

Dietary Tips for Vegetarians:

- Replace meat with protein sources which are naturally low in fat (beans, lentils, tofu) instead of relying heavily on high-fat cheese
- Choose fortified vegetarian products (cereals, breads, soy or almond milk, and fruit juice)
- Look for vegetarian products like “veggie crumbles,” “veggie burgers,” and soy-based sausage patties that are lower in sodium (salt)
- Use fresh or dried herbs and low-sodium vegetable broth to add flavor to your meals
- Talk to your healthcare provider before you decide to take a vitamin, mineral, or protein supplement



For more tips, check out the USDA's 10 Tips For Vegetarians:
<http://www.choosemyplate.gov/ten-tips-healthy-eating-for-vegetarians>