

How much should I eat?

Grains - 6 ounces daily.

- 1 ounce = 1 cup, fortified ready to eat cereal, ½ cup cooked cereal, ½ cup cooked rice, pasta or other grain, english muffin, 1 slice bread

Vegetables – 3 cups daily

- 1 cup = 1 cup cooked or chopped raw, vegetables, 2 cups raw leafy vegetables

Fruits – need 2 cups daily

- 1 cup = 1 large orange or peach, ½ large apple, 8 ounces 100% fruit juice, ½ cup dried fruit, 1 cup chopped raw or canned fruit

Milk Products – 3 cups daily

- 1 cup = 8 ounces milk, yogurt or calcium-fortified soy milk, 1-1/2 ounces cheese

Beans and Meat Substitutes – 5-1/2 oz.

- 1 ounce = ¼ cup cooked dry beans or peas, 1 egg or 2 egg whites, 1 tablespoon nuts or seeds, ¼ cup of tofu or tempeh, 1 tablespoon peanut butter

Oils – 6 teaspoons daily

- 1 teaspoon = 1 teaspoon canola, olive, peanut safflower or soybean oil, 1 tablespoon mayonnaise, type salsa dressing, 2 teaspoons dry roasted peanuts, mixed nuts or almonds



Popular Products:

Dairy Substitutes: Earth Balance Natural Buttery Spread, Soy Garden Natural Buttery Spread, Tofutti Soy-Cheese Slices, Organic Soy Delicious Non-Dairy Frozen Dessert,

Beef Substitutes: Gardenburger Flame Grilled Burgers, Boca Original Vegan Burgers, Morningstar Farms—Better 'n Burgers Veggie Burgers, Morningstar Farms

Pork Substitutes: Yves Original Jumbo Dog, Lightlife—Smart Bacon, Lightlife—Gimme Lean Sausage Style, Yves Veggie Cuisine

Chicken and Turkey Substitutes: Gardenburger Flame Grilled Chik'n, Gardenburger Buffalo Chik'n Wings, Worthington Chic-Ketts, Nate's Chicken Style Nuggets, Yves Veggie Cuisine

Seafood Substitutes: Vegieworld.com—Vegetarian Lobster Balls, Vegieworld.com—Vegetarian Salmon, Natural Touch—Tuno, Soy Caviar

Snacks: Tofutti Cuties (ice cream sandwiches), veggie chips, soy chips

Frozen Items: Boca meals, Amy's meals, Cedar Lane meals, Ethnic Gourmet Meals

Eating Vegetarian!



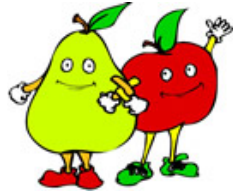
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Info provided by goveg.org

Hi, I'm a Vegetarian!



There are several ways of eating vegetarian.

Semi – Vegetarians exclude some but not all foods of animal origin. They may not eat beef, for example, but will sometimes eat poultry or seafood.

Lacto-ovo vegetarians include milk or milk products and eggs in their diets, but omit fish, and poultry.

Lacto-vegetarians include milk products, but don't eat eggs, meat, poultry or seafood.

Vegans don't eat any animal products.



Daily Nutrients Needed:

- **Calories** – eating adequate calories help you avoid “empty calories” and the loss of nutrients.
- **Protein** – whole grains, beans, nuts, seeds, and plenty of fruits and vegetables. Also, dairy and egg products if applicable
- **Fat** – some fat is essential for absorption of fat-soluble vitamins. Unsaturated fats found in flax, avocado, nuts, and vegetable oils are best.
- **Iron** – beans, nuts, dark-green leafy vegetables, and iron-fortified breakfast cereals
- **Vitamin B12** – only provided through animal foods, if you don't eat eggs or dairy, eat cereals and plant foods fortified with B12
- **Calcium** – vegans must be careful to eat calcium rich foods.
- **Vitamin D** – vitamin fortified milk, soy milk, or 10 minutes in the sun.
- *if you take a vitamin or mineral supplement, don't exceed recommended daily allowance.

Health Benefits:

- Lower rates of heart disease
- Less likelihood of high blood pressure and coronary artery disease
- Lower rates of some types of cancer
- Possible lower rate of type 2 diabetes



How to Transition:

1. Begin stocking up on your veggies!
2. Check natural-food stores for instant vegetarian soups and main dish convenience items, as well as regular supermarkets
3. Try meat imposters—veggie burgers, tofurkey, soy, etc.
4. Visit vegetarian food restaurants
5. Explore vegetarian foods popular in other countries like hummus, vegetarian curries, falafel, tempeh, etc.
6. Make it a habit to read the labels!