



... because health matters!

Nutrition Matters

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GOING VEGETARIAN?

So you are thinking about becoming a vegetarian...take the first step. Check out your Vegetarian Quotient, by doing this quiz!



Do You Have What It Takes?



Read the statements below. Do you agree or disagree? Circle your answer. See if you have what it takes to be a vegetarian.

- I love trying foods from different countries like burritos, thai noodles or fettucini alfredo.
AGREE DISAGREE
- I enjoy cooking.
AGREE DISAGREE
- I will try any food once.
AGREE DISAGREE
- I enjoy foods like refried beans, nuts, sunflower seeds, kidney beans, peanut butter and chick peas.
AGREE DISAGREE
- I would order a vegetarian pizza, while my friends were all chowing down on burgers.
AGREE DISAGREE

How did you do? Give yourself one point for every time you agreed with a statement.

- 4 to 5 points... **NO PROBLEM...** Start eating the vegetarian way tomorrow!
- 2 to 3 points... **LOOSEN UP!** Be more adventuresome in your food choices.
- 1 point or less... **NO WAY!** Vegetarianism is not for you! Think about it again in a year or two.

What To Eat Instead of Meat...

For most teens, the hardest thing about going vegetarian is finding foods to eat instead of meat. You need nutritious substitutes for meat that are loaded with iron and other minerals. Try these ideas out!

Eating Out? Enjoy bean burritos; falafels; salad bar (don't forget the chick peas); vegetable fried rice; hummus and pita; minestrone soup...

Eating At School? Great lunchbag choices include peanut butter and jam on a bagel; vegetarian chili in a thermos; instant bean soup in a cup (just add hot water); trail mix.

Eating At Home? Have eggs; veggie pizzas; burritos; baked beans and tofu dogs on hand for quick meat substitutes at meal-times.

Balance Your Day - The Vegetarian Way

Does it sound like you'll be eating beans for breakfast, lunch and dinner? Well that's NOT the case. The food guide on the next page shows how much you need to eat.

This food guide is great for all vegetarians, except vegans. Vegans do not eat any animal products, including dairy products or eggs. Give your health unit a call for advice on choosing a healthy vegan diet. Planning nutritious vegan meals is a little harder.

Your Vegetarian Food Guide

Grain Products

5 to 12 servings daily
1 slice of bread; 1/2 bun or bagel;
1/2 cup cooked cereal, rice, pasta;
1 ounce ready-to-eat cereal

Vegetables and Fruit

5 to 10 servings daily
1/2 cup cooked vegetables; 1 cup raw
vegetables & fruit; 1 piece of fruit; 1/2
cup fruit or vegetable juice; 1/4 cup
dried fruit

Milk Products and Alternatives

3 to 4 servings daily
1 cup milk; 3/4 cup yogurt;
50 grams cheese

Meat Alternatives

2 to 3 servings daily
1/2 cup cooked beans, peas or lentils
(legumes); 4 ounces tofu; 2-3 tbsp. nut
or seed butter, like peanut butter;
1-2 tbsp. sunflower or sesame seeds;
1/4 cup nuts

Different People Need Different Amounts of Food

Breakfast

Cheerios with milk
Orange juice
Whole wheat toast with jam

Lunch

Peanut butter sandwich
Carrot sticks
Chocolate milk

Snack

Oatmeal cookies
Milk

Supper

Vegetarian chili
Pita bread
Cole slaw
Milk
Apple crisp

Snack

Microwave popcorn

Wonder what a vegetarian would eat all day? Here are two sample menus. The way you end up eating will probably be somewhere in between these two menus!

Breakfast

Granola with milk
Grapefruit juice
Whole wheat toast with peanut butter
Melon

Lunch

Bean Burritos
Salad
Milkshake

Snack

Trail Mix
Juice Spritzer

Supper

Macaroni & Cheese
Green pepper rings &
cucumber slices
Milk
Wild Berry Frozen Yogurt

Snack

Toasted bagel with herbed
cream cheese

For more ideas, check out the website www.crazy.veg.com