



...because health matters!

Nutrition Matters

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Planning Your Vegetarian Diet

1. Choose a wide variety of foods, including whole grains, vegetables, fruits, legumes, nuts, seeds and if desired, dairy products and eggs.
2. Follow Canadian Guidelines to Healthy Eating to make sure you are getting enough energy and nutrients (see the Vegetarian Food Guide on the back of this page).
3. Keep high-calorie, low-nutrient foods (i.e. sweets and fatty foods) to a minimum.
4. Whenever possible, choose whole or unrefined grains and cereals (i.e. whole wheat), and if you use a refined product, choose one that is fortified or enriched.
5. Eat a food rich in Vitamin C (i.e. tomatoes, oranges, peppers, broccoli, etc.) with your meals, to help you absorb the iron in legumes and grains.
6. If animal foods, such as dairy products and eggs, are consumed, use low-fat or nonfat versions of these products.
7. Vegans are one type of vegetarian. They do not eat any products from animal sources (including meat, fish, poultry, dairy products or eggs). If you are a vegan, the following are recommended:
 - Vitamin B₁₂ supplement
 - Include sources of calcium (i.e. fortified soy milk, fortified orange juice and tofu, sunflower seeds, sesame seeds, almonds, and greens leafy vegetables)
 - Include sources of riboflavin (i.e. beans, nuts, and green leafy vegetables)
 - Vitamin D supplement (especially during winter months or if regular exposure to sunlight is not possible)
8. Include 2 servings of omega-3 fatty acids each day. Examples of 1 serving: 1 tsp. flaxseed oil, 3 tsp. unrefined canola or soybean oil, 4 tbsp. walnuts or 1 tbsp. ground flax.

Some Resources/Cookbooks:

Dietitians of Canada website: www.dietitians.ca

The American Dietetic Association website: www.eatright.org

The Mayo Clinic website: www.mayoclinic.com

Katzen, Mollie. The Moosewood Cookbook. Berkeley: Ten Speed Press. (there are several different books in the series)

Melina, Vesanto; Davis, Brenda; and Harrison, Victoria. (1994). Becoming Vegetarian. Toronto: Macmillan Canada.

Vegetarian Food Guide

This table shows the minimum # of servings to eat from each food group every day to ensure you are meeting your basic nutrient needs. Use this table as a guideline; the amount of food you need depends on many things, such as your age, body size, activity level and whether you are male or female.

Food Group	Suggested Daily Servings	Examples of One Serving
Bread, cereals, rice, pasta and other grain products	6	1 slice bread ½ bun, bagel, English muffin, scone, pita, roti or tortilla ½ cup (125mL) cooked cereal, rice, grain or pasta 1 oz (30g) dry cereal 1 oz (30g) Other grain products
Vegetables	4	½ cup (125mL) cooked vegetable 1 cup (250mL) chopped raw or leafy vegetable ½ cup (175mL) vegetable juice
Fruits	2	1 piece medium fresh fruit (apple, orange, pear, peach) 2 pieces small fresh fruit (apricot, plum) ½ cup (175mL) fruit juice ½ cup (125mL) canned or cooked fruit
Beans, peas, nuts, seeds, eggs and meat substitutes	5 (pregnant and lactating women: 7-8)	½ cup (250mL) cooked beans, lentils or peas ½ cup (125mL) tofu or tempeh 1 oz (30g) vegetarian meat analogue (TVP) or soy cheese ½ cup (500mL) soy milk ¼ cup (60mL) nuts or seeds 2 tbsp (45mL) nut or seed butters 1 egg or 2 egg whites
Milk and milk alternatives (Note: some foods also count as servings in the vegetable or beans group as well)	8 (youths 10-17 years: 10)	½ cup (125mL) milk, yogurt, fortified milk ¾ oz (21g) natural cheese (ie. cheddar, mozzarella) ½ to 1 cup (125-250mL) cottage cheese ½ cup (60mL) calcium-set tofu ½ cup (250mL) cooked soy beans ½ cup (250mL) cooked white, navy, great northern, kidney, black turtle beans ¼ cup (60mL) almonds 2 tbsp (45mL) sesame tahini or almond butter 1 cup (250mL) cooked bok choy, Chinese cabbage, broccoli, okra, Kale Fortified foods or beverages providing 100-150 mg calcium per serving
Fats - Omega 3	2	1 tsp. flax seed oil, 3 tsp. canola or soybeans, 1 tbsp. ground flax seeds or ¼ cup walnuts.
Fats, Sweets, Alcohol & Other Fats	Use sparingly	Oil, margarine, mayonnaise, salad dressings, cream cheese Soft drinks and candies Beer, wine and distilled spirits