

+ Who?

Infants & Toddlers
Pre-Adolescents & Teenagers
Athletes & Adults
Pregnant & Breastfeeding Women

Can all obtain the nutrition they need on a well-planned vegetarian diet!



What?

Vegetarian

Excludes meat, poultry, fish, dairy, eggs, or other animal-derived products.

Semi-Vegetarian

Excludes red meat.

Lacto-Ovo Vegetarian

Includes dairy & eggs.

Lacto- or Ovo-Vegetarian

Includes dairy or eggs.

Includes dairy or eggs.

Pescatarian

Includes fish. May include dairy & eggs.

Vegan

Excludes all animal products.

Raw Vegan

Includes only raw fruits, vegetables, nuts, seeds, legumes, & sprouted grains.



+ Why?

Reduced risk for:

Obesity
Diabetes
Hypertension
Heart disease
Cancer

As well as environmental, religious, or personal motivations!

+ When?

When following a vegetarian diet, individuals need to plan accordingly to obtain adequate amounts of:

Protein

Iron

Zinc

Calcium

Vitamin B12

Vitamin D

Omega-3 Fatty Acids

Where?

Where can vegetarians obtain adequate amounts of these 7 nutrients of concern?

Protein: Whole grains, legumes, seeds, soy products, nuts, nut butters, & tofu.

Iron: Fortified cereals, whole grains, dark green leafy vegetables, & legumes.

Zinc: Fortified cereals, whole grains, legumes, nuts, & seeds.



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Calcium: Fortified products & dark green leafy vegetables.

Vitamin B12: Fortified products.

Vitamin D: Fortified products & mushrooms.

Omega-3 Fatty Acids: Flaxseed, walnuts, & soybeans.

Always check with your doctor if supplements are needed!