



We know vegetarians enjoy eating vegetables, fruits, and whole grains, but what else might they choose to eat or not eat?

Flexitarian

Someone who eats mostly vegetarian, but sometimes eats fish, poultry, or meat. They may only eat vegetarian a couple times a week.

Semi-vegetarian or Pollo-vegetarian

Someone who does not eat meats (like beef, pork, lamb) but does eat poultry and seafood.

Pescatarian

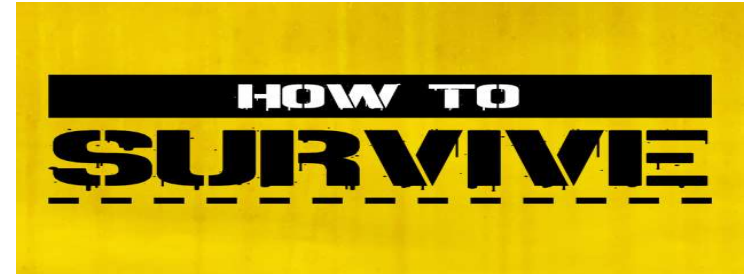
Someone who does not eat meat or poultry, but does eat seafood.

Lacto-ovo vegetarian

Someone who does not eat meat, poultry, seafood, but does consume dairy products and eggs. Lacto means the person eats and drinks dairy products. Ovo means the person eats eggs. You can eat both, one or the other, or neither, which is a vegan.

Vegan

Someone who does not eat meat, poultry, seafood, eggs, milk, or dairy. This vegetarian must supplement with Vitamin B12!



- ✓ Don't be afraid to tell people about your eating habits!
- ✓ Ask how food is prepared.
- ✓ You may need to ask a restaurant what is in a meal, and don't be afraid to ask for it to be prepared differently or without meat.
- ✓ Bring snacks to share when visiting with friends at their home so that you know you will have something to eat.
- ✓ Explain your diet to your family and help plan meals. You can teach them some great new and tasty vegetarian recipes.
- ✓ If you worried about eating at a friend's house ask before you arrive what meals they have and remind them of your diet. They will be happy to make minor changes!

You can experiment with your diet! It's ok if you don't know what type of vegetarian you want to be, or if you even want to be vegetarian at all! The most important thing is to eat healthy and enjoy eating healthy! A Registered Dietitian can help you meet your nutrient needs!



Balanced Meals

Simply dropping certain foods from your diet isn't the best if you're interested in maintaining good health, a high energy level, and strong muscles and bones.

Nutrients for vegetarians to be aware of include protein, iron, calcium, Vitamin D, Vitamin B12, and Omega-3 fats.

Protein – Foods high in protein besides meat include eggs, dairy, tofu, beans, nuts, and whole grains.

Iron – Sources of iron include legumes, grains, nuts, seeds, and dried fruit. Eating foods high in Vitamin C will help you to absorb iron from plant foods. Good sources of Vitamin C include citrus, peppers, broccoli, and berries.

Calcium – Sources to include in your diet include milk, yogurt, fortified orange juice, fortified soy milk, and green leafy vegetables. Be sure to get enough for strong, healthy bones.

Vitamin D – This is needed for strong bones. Sources are milk, fortified non-dairy milks, and fortified cereals. Some people may need a supplement during winter months when the sun's rays aren't efficient.

Vitamin B12 – This is found in animal products. Vegans require supplementation. It is also found in fortified soy milk, fortified breakfast cereals, and nutritional yeast.

Omega-3 – Sources are walnuts, flaxseed, oils, and salmon.



Meal and Snack Ideas

- ✓ Hummus, vegetables, and pita bread
- ✓ Yogurt parfait with granola and fruit
- ✓ Oatmeal
- ✓ Peanut butter and apple
- ✓ Cheese and crackers
- ✓ Roasted chickpeas
- ✓ Guacamole and tortillas
- ✓ Veggie tacos and quesadillas
- ✓ Hardboiled eggs
- ✓ Vegetable omelets
- ✓ Egg salad sandwich
- ✓ Tofu scramble
- ✓ Veggie burgers
- ✓ Quinoa and bean salad
- ✓ Mac & cheese
- ✓ Soups & Salads
- ✓ Veggie Pizza



Want more information? Check out the following resources:

A website to learn to love vegetables: plenteousveg.com/hate-vegetables/

Veggie Teens Cookbook Guide: www.veggieteenscookbook.com/

Vegetarian Resource Group: www.vrg.org/family/kidsindex.htm

Becoming a Vegetarian for Teens: kidshealth.org/en/teens/vegetarian.html