



Chapter 15

Vegetarian Food Choices

Making Vegetarian Food Choices

Directions: Read the following selection and study the chart. Then answer the questions under *Thinking Critically*, and complete the activities as directed by your teacher.

Vegetarians face varying limits on food choices, depending on the degree to which they follow the eating plan. As you can see from the chart, vegetarianism takes several forms. Some people eat everything except meat. However, even strict eating plans allow many food choices. Bean burritos and a mixed green salad, stir-fried vegetables with rice, vegetable-stuffed baked potatoes, and bagels with fruit spread can be enjoyed by all family members.

Sometimes a few thoughtful alterations are needed. Vegetable soup can be made from vegetable stock, rather than beef or chicken. Milk in baked goods may be replaced with water or fruit juices. Cooked meat might be added to one half of a vegetable casserole. Cheese and meat can be omitted from a few slices of homemade pizza to create a meal that everyone can enjoy. There are always plenty of options from which to choose!

Type of Vegetarian	Meat	Poultry	Fish	Eggs	Dairy
Semi-vegetarian	No	Yes	Yes	Yes	Yes
Pesco-vegetarian	No	No	Yes	Yes	Yes
Lacto-ovo-vegetarian	No	No	No	Yes	Yes
Ovo-vegetarian	No	No	No	Yes	No
Lacto-vegetarian	No	No	No	No	Yes
Vegan	No	No	No	No	No

Thinking Critically

- Analyze your school lunch menu for a week. Using the chart above as a reference, explain how well the menu accommodates the different types of vegetarian diet plans. What changes would you suggest for this menu to provide better options for those students who prefer a vegetarian diet plan? *Write your analysis on a separate sheet of paper and attach it to this activity.*
- Record four ideas that are of equal importance when considering vegetarian diets. For example, *vegans who do not eat dairy can substitute calcium-fortified soy milk or soy yogurt.*

- Which type of vegetarian diet would be the most difficult for you? Explain your answer.

(Continued on next page)

For Further Study

Directions: Below is a sample vegan menu along with a nutritional analysis. Use the questions below to help you study the menu and the nutritional analysis.

Breakfast		Lunch		Dinner		Snack	
½ cup	Oatmeal	1 cup	Split pea soup	1 large	Tossed salad (greens and fresh vegetables)	¼ cup	Almonds
¾ cup	Orange juice	1	Corn muffin	1 Tbsp.	Low-calorie Italian dressing	1	Whole-wheat bagel
1 slice	Whole-wheat toast	1	Baked potato	1 cup	Vegetarian casserole (noodles, soybeans, carrots, corn, potatoes, tomatoes, seasonings)	4	Graham crackers
1 Tbsp.	Peanut butter	1 tsp.	Margarine				
		1	Medium banana	2 slices	Pumpernickel bread		
				1 cup	Fortified soy milk		
				½ cup	Fresh strawberries		

Nutritional Analysis of Menu

	Goal	This Menu
Calories	–	2000
Total fat	Less than 65 g	66 g
Calories from fat	30% or less	28%
Saturated fat	Less than 20 g	8 g
Cholesterol	Less than 300 mg	39 mg
Sodium	Less than 2400 mg	2354 mg
Total carbohydrate	300 g	307 g
Calories from carbohydrate	60% or more	59%
Fiber	25 g	35 g
Protein	50 g	66 g
Calories from protein	12% to 15%	13%

Vitamins & Minerals (Percentage of Daily Recommended Amount)
Vitamin A: 143%
Vitamin B ₁₂ : 16%
Vitamin C: 459%
Vitamin D: 13%
Calcium: 97%
Iron: 100%

- ◆ Nutritionally, what are the strengths of this menu? What foods or combination of foods provide for these strengths?
- ◆ Describe any nutritional drawbacks of the menu. How would you amend these drawbacks to improve this menu?
- ◆ What combination(s) of plant sources (grains, nuts, seeds, and legumes) provide protein at breakfast, lunch, and dinner?