

Vegetarianism

The word "vegetarianism" can be very misleading to some people because there are various categories that fall under this word. In general vegetarianism refers to the exclusion of meat and some animal products from the diet depending on which type you are. To better understand exactly what it means to be vegetarian we must consider what each specific type excludes from their diet. The following is the different types of vegetarianism:

<i>Type of Vegetarian</i>	<i>Foods Eaten</i>	<i>Food Not Eaten</i>
<i>Lacto-ovo-vegetarian</i>	Dairy, Eggs, Fruits, Vegetables, Grains, Nuts, Seeds	Meat (Red, Poultry, Fish)
<i>Lacto-vegetarian</i>	Dairy, Fruits, Vegetables, Grains, Nuts, Seeds	Eggs, Meat (Red, Poultry, Seafood, Pork)
<i>Ovo-vegetarian</i>	Eggs, Fruits, Vegetables, Grains, Nuts, Seeds	Dairy, Meat (Red, Poultry, Seafood, Pork)
<i>Pesco/pesca -vegetarian</i>	Seafood, Fruits, Vegetables, Grains, Nuts, Seeds, Eggs, Dairy	Meat (Red, Poultry, Pork, etc.)
<i>Pollo-vegetarian</i>	Poultry, Fruits, Vegetables, Grains, Nuts, Seeds, Eggs, Dairy	Meat (Red, Pork, Seafood)
<i>Semi-vegetarians (Flexitarians)</i>	Eggs, Dairy, Fruits, Vegetables, Grains, Nuts, Seeds, On Occasion Meat (Red, Poultry, Seafood, Pork)	Meat most of the time (Red, Poultry, Seafood, Pork)
<i>Vegan</i>	Fruits, Vegetables, Grains, Nuts, Seeds	Eggs, Dairy, Meat ((Red, Poultry, Seafood, Pork), All Animal Byproducts)
<i>Fruitarian</i>	Raw Fruit, Grains, Nuts	Rarely Eat Processed or Cooked Foods, No Part of a Plant that Results in the Death of the Plant, Meat (Red, Poultry, Seafood, Pork), Eggs, Dairy

What Vegetarianism Isn't:

Vegetarianism is not a diet a person just goes on to lose weight, it is a lifestyle change. There are many aspects to weight loss and what kinds of foods a person consumes is just one of the factors. This decision to incorporate more plant-based foods and eliminate some or all animal-based foods and products should not be taken lightly or as a means to lose weight.

Special Dietary Issues for Vegetarians:

Do to the exclusion of some food groups from the diet, there are some key nutrients that may be hard for a vegetarian to receive from their diet. This is of a concern for vegetarians because if the body does not get enough nutrients then deficiencies and health problems will begin to occur. The following are the nutrients that vegetarians need to pay special attention to in their diets.

Iron:

Iron is an essential nutrient used in the body to form hemoglobin, which is responsible for carrying oxygen to the body's cells. There are two different types of iron heme (found in animal foods) and non-heme (found in plant-foods). The non-heme iron that vegetarians consume is harder for the body to absorb. One way that you can aid in the absorption of this non-heme iron is to eat foods rich in vitamin C with each meal.

Protein:

Protein plays a key role in growth, the maintenance of body tissues, building red blood cells, and synthesizing hormones. The most common source of complete proteins the body needs is animal products. Vegetarians can get complete proteins from a few sources such as soy, milk and eggs (if included in the diet). If there are no sources of complete proteins, vegetarians can still meet their daily recommended intake of protein (45 g for women & 55 g for men) by eating a variety of foods that contain incomplete proteins. It used to be thought that in order to get all the necessary proteins needed in a day, but recently this has been debunked. It is important that you consume complementary proteins (that is proteins that are by themselves incomplete but when mixed with other incomplete proteins become complete) throughout the day, but you do not need to mix certain foods together at meals to achieve this. By eating a variety of protein rich fruits and vegetables throughout the day you are sure to get all the complementary proteins you need to make up the necessary proteins for your body.

Calcium:

Calcium is also involved in normal blood clotting, muscle and nerve functioning, and hormone and enzyme secretion. The main source of calcium in the U.S. comes from the consumption of dairy products. If you exclude or limit dairy

products in your diet you will have to turn to plant sources and calcium fortified foods in order to get the needed amount of calcium. It is recommended that adults intake about 1300 mg of calcium each day.

Vitamin B-12:

Vitamin B-12 is needed by the body for normal red blood cell formation, making DNA, and nerve function. The problem for most vegetarians is that this nutrient is only found in animal foods. Vegetarians who consume dairy products do not need to worry because they will get enough vitamin B-12 from these sources. Other vegetarians and vegans need to include products that are fortified with vitamin B-12 in their diet daily

Zinc:

Zinc is important for growth, tissue repair, and energy production. The main place that zinc is found is dairy products and eggs. For individuals who exclude dairy and egg products from their diet, some sources of zinc may include: bran, legumes, tofu, seeds, nuts, wheat germ, zinc-fortified cereals, lentils, and green vegetables. Caution must be used when taking supplements that contain zinc, because if they contain more than 100% of the RDA there is a risk of toxicity.

Vitamin D:

Vitamin D plays a major role in the absorption of calcium from the digestive tract as well as incorporating calcium into our bones and teeth. There are few actual foods that contain significant amounts of vitamin D. The main sources are fortified milk, egg yolks, and liver. Vegetarians and vegans who do not consume these products can get vitamin D from fortified soy milk products and sun exposure. Direct exposure to the sun activates your body to make its own vitamin D, but there are other risks involved with too much sun exposure.

Vegetarianism Does Not Equal Healthy:

The word vegetarianism itself does not imply either a healthy or unhealthy way of eating. Vegetarianism takes a great amount of attention and planning in order to make it healthy. There are plenty of foods that you can eat that are unhealthy for you and still be a vegetarian. One of the biggest problems for vegetarians that make their diets unhealthy is overindulgence of carbohydrates. It is a common problem for vegetarians to eat the suggested amount of servings of fruits and vegetables and then fill the remaining calories with carbohydrates. The way the food is prepared is also a very big factor in whether the diet is healthy or not. If the food is fried or cooked in butters and other such ways it doesn't matter what it is because the preparation takes the nutritional value away from it or at least decreases it. In order to make your vegetarian diet healthy the things to remember are to:

- Consume More:
 - Complex carbohydrates: bread, pasta, rice, cereals
 - Vegetables and fruits
- Consume Moderately:
 - Dairy products: milk, cheese, and yogurt
 - Nuts, eggs, seeds, and sesame seeds
 - Soy products: soy milk, soy beans, tofu
- Consume Less:
 - Fats: up to 30% of calories should come from fats. This should mainly be mono-saturated fat, some polyunsaturated fat and little saturated fats.
 - Sugar
 - Salt

Being Vegetarian on Campus:

Our campus tries to offer a variety of foods that caters to the vegetarian lifestyle. We are always trying to improve these options and greatly value any input from students about things they would like to see. Each of the dining halls has a salad bar with a variety of vegetables and fruits available at lunch and dinner. Here are some other options available on campus:

- **Tower West:**
 - Make Your Own: Waffles, Omelets
 - Fruit Juices
 - RO Dining: each night there is a different vegetarian entrée
 - Cereals, Breakfast bar with Fruit
 - Meatless Pasta Dishes
 - Veggie and Boca Burgers daily upon request
- **Tower East:**
 - Make your own sandwiches or wraps
 - Fruit and Vegetable Combo
 - Soups
 - Vegetarian Salad
 - Fruit Juice
- **Taylor:**
 - Extensive Salad Bar
 - Fish
 - Make your own breakfast skillet on weekends
 - Meatless Pasta Dishes
 - Cereal
 - Soups
 - Veggie Hot Dogs
 - Soy Milk, Fruit Juices
 - Chicken

- **Carman:**
 - Extensive Salad Bar
 - Soups
 - Make Your Own Jump Asian Cuisine
 - Cereal, Make your own waffles
 - Grilled Cheese
 - Soy Milk, Fruit Juices
 - Veggie Burgers and Hot Dogs
 - Meatless Pasta
- **Thomas:**
 - Make Your own Pizza and Pasta
 - Veggie Burgers and Hot Dogs
 - Make Your own Artesian Sandwiches
 - Extensive Salad Bar
 - Soy Milk, Fruit Juice
 - Soups
- **MLK Jr. Food Court:**
 - Black Bean Burgers
 - Grilled Cheese
 - Salads
 - Fruit Plates
 - Fruit and Vegetable Cups
 - Soy Milk, Fruit Juice
 - Subway
 - Various Appetizers
 - Meatless Pizza
 - Chicken

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