THINK PROTEIN

1. Think beans and peas, nuts, and soy products like tofu.

CONSUME DAIRY PRODUCTS, calcium-fortified soymilk, tofu made with calcium sulfate, calcium-fortified breakfast cereals and orange juice, and some dark-green leafy vegetables.

BONE UP ON CALCIUM

2. Bone up on calcium. Pasta primavera, pasta with marinara or pesto sauce, veggie pizza, vegetable lasagna, tofu vegetable stir-fry, and bean burritos.

MAKE SIMPLE CHANGES

3. Make simple changes. Try veggie or soy burgers, hot dogs, marinaded tofu, fruit kabobs, and grilled veggies.

INCLUDE BEANS & PEAS

4. Include beans & peas. Try soy-based sausage patties or links, bean burgers or falafel (chickpea patties).

EATING OUT

5. Eating out. Try vegetarian chili, three bean salad, split pea soup, or a hummus filled pita sandwich.

6. Different veggie versions. Most modifications such as tofu and beans for meat, and adding vegetables or pasta in place of meat.

7. Nutty snacks. Use unsalted nuts as a snack or put them in salads or main dishes. Add almonds, walnuts, or pecans instead of cheese or meat to a green salad.

GET YOUR VITAMIN B12

8. Get your vitamin B12. Vitamin B12 is naturally found only in animal products. Vegetarians should choose fortified foods such as cereals or soy products, or take a vitamin B12 supplement.