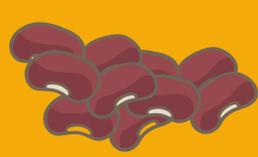




FoodFit,  
Center For Nutrition  
and Athletics

# HEALTHY EATING FOR VEGETARIANS



1

## THINK PROTEIN

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.

2



## BONE UP ON CALCIUM



3

## MAKE SIMPLE CHANGES

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

Try veggie or soy burgers, soy hot dogs, marinated tofu or tempeh, fruit kabobs, and grilled veggies.

4



## ENJOY A COOKOUT



5

## INCLUDE BEANS & PEAS

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

Try soy-based sausage patties or links, bean burgers or falafel (chickpea patties).

6



## DIFFERENT VEGGIE VERSIONS



7

## EATING OUT

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

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.

8



## NUTTY SNACKS



9

## 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.