

Could you be a Vegetarian?

Are you ready to be a vegetarian? Read the statements below. Circle whether you agree or disagree, then check your score.

1. I love trying foods from other countries such as burritos, sushi, and curries.

Agree **Disagree**

2. I enjoy cooking.

Agree **Disagree**

3. I enjoy foods like refried beans, sunflower seeds, nuts, tofu, peanut butter, and legumes.

Agree **Disagree**

4. I will try any food once.

Agree **Disagree**

5. I would order a vegetarian pizza, while my friends chow down on hamburgers.

Agree **Disagree**

Give yourself one point for every time you agreed with a statement. How did you score?

4 to 5 points... No problem! Start eating the "vegetarian way" tomorrow!

2 to 3 points... Loosen Up! Be more adventurous with your food choices.

1 point or less... No Way! Vegetarianism is not for you! Think about it again in a year or two.



CU Healthy

HCS wants to CU Healthy! The Health Promotion Team at HCS tries to achieve this through our:

- Resource Centre
- Student Peer Interns
- Health Promotion Advisory Committee
- Website (carleton.ca/health)
- Facebook page
- Newsletters, class presentations, workshops and more . . .

The Health Promotion Team promotes healthy lifestyles and wellness and can provide you with information about stress, colds, nutrition, sexuality, alcohol, etc. Contact the Resource Centre for more information at 613-520-2600 ext. 6544 or cu_healthy@carleton.ca.



2600 CTTC Building
613-520-6674
carleton.ca/health

*Information in this pamphlet was collected from: *Eating Vegetarian* (ETR Associates), *Celebrating the Pleasure of Vegetarian Eating* (Heart and Stroke Foundation), and *Going Vegetarian* (Public Health Dietitians in Ontario).



613-520-6674

carleton.ca/health

Vegetarian Defined

A **vegetarian** is someone who eats mainly plant foods, such as grains, beans, nuts, fruits and vegetables.

There are several ways of eating vegetarian:

Semi-vegetarians: exclude some but not all foods of animal origin (e.g. meat, fish, poultry, eggs, milk, honey, bouillon etc.). They may not eat red meat (beef and pork), for example, but will sometimes eat seafood or poultry.

Lacto-ovovegetarians: include milk or milk products and eggs in their diets, but omit meat, fish and poultry.

Lactovegetarians: include milk products, but don't eat eggs, meat, poultry, or seafood.

Vegans: don't eat any animal products.



Are you getting enough...

PROTEIN?

If you don't include any animal products in your diet, combining grains with legumes, nuts, seeds, and vegetables daily will help provide you with enough protein. A peanut butter sandwich made on whole wheat bread, a tofu stir-fry with rice, or a bean burrito are all excellent combinations!



CALCIUM?

Eating dairy products is the best way to meet your daily calcium requirements. But, if you don't eat milk products, make sure to include other sources of calcium in your diet, such as broccoli, dark green vegetables, almonds and brazil nuts, legumes, tofu made with calcium, and of course, soy milk!



IRON?

Legumes (beans), nuts, dark-green, leafy vegetables, and iron-fortified breakfast cereals are a good source of iron. Include a source of Vitamin C at each meal to increase iron absorption. Iron is an essential mineral that helps build red blood cells and carries oxygen from the lungs to the body cells.



Menu Planning

A vegetarian lifestyle can benefit your health in numerous ways, including:

- Lower rates of heart disease
- Less likelihood of high blood pressure and coronary artery disease
- Lower rates of some types of cancer
- Possible lower rate of adult-onset (Type II) diabetes

By eating vegetarian, however, you can't assume that your diet will lead to good health. It is important to eat a balanced, varied diet that meets energy and nutrient needs. This may take some **menu planning and expansion**.

Try this basic step-by-step plan:

1. Start with a starch (rice, pasta, bread etc.)
2. Add any combination of vegetables, beans, cheese, peanut butter, nuts, tofu, tomato sauce etc.
3. Add some "pizzazz" with spices, salad dressing, small amounts of oil or fat, salsa, pesto etc.
4. Put it all together — stir-fry it, toss it, microwave it, bake it like a casserole, grill it, or make it into a sandwich or pizza
5. Add some fruit and (soy) milk and you have a meal!