

# VEGETARIANISM

## LACTO-OVO VEGETARIAN

Most vegetarians fall into this category. Lacto-ovo vegetarians will not eat any animal flesh, but do consume other animal products such as milk and eggs (hence, the name).

## VEGAN

A fewer number of people follow a vegan diet. Vegans will not eat any animal products. Many times, this diet is followed for health reasons, however, moral issues often play a role as well. Some vegans eliminate any foods that involve animals in any way. This may include honey, vinegar, wine, and beer.

## PESCO VEGETARIAN

A vegetarian who includes fish in their diets, but no other forms of meat; they also eat fruits and vegetables, nuts and grains.



## MACROBIOTIC DIETS

It is a myth that a macrobiotic diet consists of rice only. A large part (60%) of the macrobiotic diet consists of grains. Soups (miso), beans, fruits, nuts, seeds, and breads are also used in varying amounts. Some macrobiotics use fish as well. Many people choose the macrobiotic diet because it has been said to have curative powers. However, this has not been well established. This diet is inappropriate for children.

## SEMI- OR NEARLY- VEGETARIAN

This is often a starting place for those interested in becoming vegetarian. Products from animal flesh ("meats") may only be included a few times a week, or only certain "meats", such as fish or chicken, may be consumed.

## A WORD ON CALCIUM

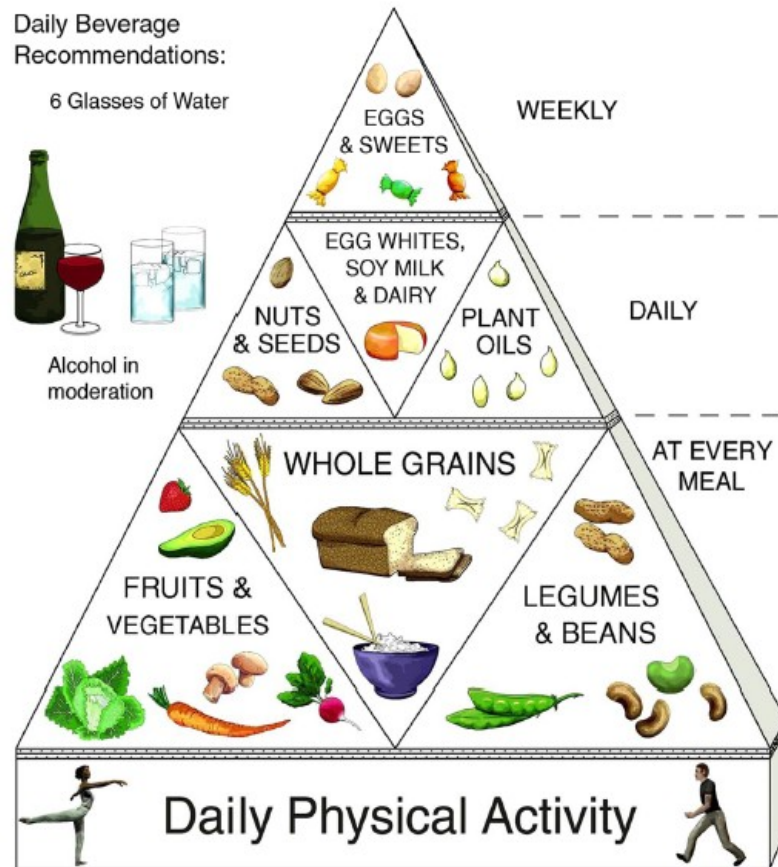
Lacto-ovo vegetarians consume dairy products, and therefore, are likely to get enough calcium. Interestingly, the calcium needs of vegetarians may not be as high the needs of an omnivore. This is because high levels of animal protein cause the body to lose calcium in the urine. Vegans (or anyone who has eliminated dairy, for that matter) may need calcium supplements but there are a number of non-dairy, high calcium foods and fortified non-animal products to meet their needs. Examples: legumes, collard greens, fortified soymilk, calcium fortified orange juice.

## A WORD ON IRON

There are plenty of non-animal sources of iron, however, the iron from these sources (non-heme iron) is not absorbed as well as the iron from red meat, chicken, or turkey. Vegetable sources of iron include soy products, fortified cereals, dark green leafy vegetables, garbanzo beans, and black strap molasses. Inhibitors of iron absorption include calcium in dairy products, tannic acids in tea, some Indian spices, coffee, and phytates. An enhancer of iron absorption is vitamin C.

Check out the vegetarian pyramid on the next page.

## *Traditional Healthy Vegetarian Pyramid.*



\* Retrieved from <http://www.vegetariannutrition.org/food-pyramid.pdf>

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