



nutrinews

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GROUP MEETINGS

Healthy Options on Campus

Nutrition Info and Demonstration Table

when: Every other Wednesday at Noon

where: Student Union food areas
location will vary, watch for us!

Changes for Life

healthy weight education and support group

when: every Tuesday at Noon

where: Campus Health (3rd Flr. East Conf. Rm)

cost: \$5 per meeting (or \$50 per semester)

Q: I am a vegetarian. What tips do you have to help me be sure I get all the nutrients I need?

A: There are several forms of vegetarianism. The strictest form is *vegan*, which excludes all animal products including meat, poultry, fish, eggs and dairy products. *Lacto vegetarians* include dairy products, while *lacto-ovo vegetarians* will eat dairy and eggs.

Protein, Calcium, Iron, Zinc, and Vitamins B12 and D are key nutrients from animal and dairy products. Nutrient concerns are most pronounced for vegans since they do not eat any of these products. Lacto and lacto-ovo vegetarians generally get enough of these nutrients from dairy products and eggs.

Most people focus on protein when planning their vegetarian diet. Milk, yogurt, cheese, eggs, beans and lentils, nuts, and

soy-based foods are all effective ways to meet your protein needs. While animal proteins are “complete” (contain all the essential amino acids our bodies need), most plant proteins are “incomplete” (missing one or more of the essential amino acids). Eating a wide variety of plant-based protein daily solves this nutrient challenge. It is no longer considered necessary to “combine” certain foods at the time you eat them to make a complete protein. The only “complete” plant source of protein is the soybean. That is why soy-based products are an important part of every vegetarian diet (especially vegans).

For more detailed information about vegetarianism and vegetarian diets, here are some helpful resources:

- Campus Health Service website (www.health.arizona.edu) – Look for these articles via the Health Education On-Line Library/Nutrition links: “Vegetarian? Ways to Meet Your Nutrient Needs on Campus”, “Got Protein?”, “Food

Sources of Nutrients Needed for a Healthy Vegetarian Diet”.

- Vegetarian Resource Group website (www.vrg.org) – premier site for general information about vegetarianism.
- *The Student’s Vegetarian Cookbook* (by Carole Raymond), *The Complete Idiot’s Guide to Being Vegetarian* (by Suzanne Havala), and *Conveniently Vegan* (by Debra Wasserman).
- UA Dining Services website (www.union.arizona.edu/dining/healthy) lists vegetarian options at the Student Unions and food stops around campus. (www.union.arizona.edu/dining/healthy)
- Any grocery store has foods for vegetarian diets, but Wild Oats, Trader Joe’s, and the Fourth Avenue Food Co-op are especially good if you want to ask questions and find convenient items.

Questions? email: wildcatnutrition@yahoo.com

Visit our website for more info: www.health.arizona.edu (Go to “On-Line Library” and click on “Nutrition”) • For individual nutrition appointments, call 621-9202. \$25 initial, \$15 follow-up