

# LIFE STYLE CHOICES

## Vegetarianism



## *What are Vegetarians?*

Vegetarians are people who prefer not to eat any meat. Many vegetarians have lower rates of heart disease, diabetes and bowel cancer. They are also less likely to have high blood pressure or high cholesterol. Vegetarians tend to be slimmer and have a longer life expectancy than non-vegetarians.

## *Why Vegetarianism?*

Many Vegetarians choose to adopt this diet so that they can live a healthy lifestyle and prevent the development of dietary disorders. Other reasons for adopting a Vegetarian diet include; compassion for animals, environmental concerns and religious or spiritual beliefs.

Proteins	Description	Food sources
Complete proteins	Proteins that contain all the essential amino acids	Animal products such as meat, eggs and milk and milk products
Incomplete proteins	Proteins that usually lack one or more essential amino acids	Plant foods such as grains, legumes and nuts/seeds

## *Risk of a Vegetarian Diet*

Vegetarians need to take care when designing their diet to ensure that the correct proportions of nutrients are included.

Meat which is an important source of iron and protein can be replaced with soy beans or soy bean products, which are good sources of complete protein.

Lentils and beans are also sources of protein, but being incomplete proteins they lack some of the essential amino acids and need to be combined with other protein rich foods to make them complete and more nutritious.

## *Types of Vegetarians*

### Vegan

A vegan diet consists entirely of plant foods, such as cereal products, legumes, nuts, seeds, fruits and vegetables.

### Lacto-Vegetarian

A lacto-vegetarian diet does not include meat or eggs, but does include milk and milk products.

### Lacto-ovo-vegetarian

A lacto-ovo-vegetarian diet does not include meat, fish or poultry but does include milk, milk products and eggs.

## Pesco Vegetarian

A vegetarian who also eats fish and seafood.

## Pollo Vegetarian

A pollo vegetarian excludes all red meat (beef, pork, lamb etc.) but includes poultry and fish.

