



WHAT DOES VEGETARIAN MEAN?

VEGETARIANISM is a type of diet that typically excludes meat, poultry and fish in favour of consuming mostly plant-based food. People of all ages can live a healthy lifestyle while following a vegetarian diet!

WHICH FOODS ARE PLANT-BASED?

Plant-based foods are those derived from plants and includes *fruits, vegetables, grains, nuts, and seeds.*



WHY DO PEOPLE EAT VEGETARIAN?

There are many different reasons as to why someone might choose to follow a vegetarian diet, including:

- Health reasons
- Religious beliefs
- Cultural norms
- Personal preference



The vegetarian diet may not be appropriate for all people and cultures.

FOLLOWING A VEGETARIAN DIET

While many vegetarians eliminate all meat, poultry, and fish from their diet, some might follow this diet loosely and allow themselves to enjoy these foods occasionally. There is no "right" or "wrong" way to be a vegetarian!

Vegetarians can continue following a healthy diet recommended by Canada's Food Guide by replacing meat, poultry, and fish with more plant-based food options.

Types of vegetarian diets include:



SEMI-VEGETARIAN: Will occasionally consume fish, meat, and/or poultry.

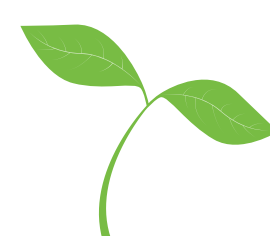
PESCATARIAN: Will consume fish.

LACTO-OVO VEGETARIAN: Will consume eggs and dairy products.

LACTO-VEGETARIAN: Will consume dairy products.

CONSIDERATIONS FOR VEGETARIANS

- Vegetarians may be at risk for a deficiency in **VITAMIN B12, IRON, CALCIUM** and **OMEGA-3**. Talk to your health care provider about ways to ensure adequate intake of vitamins.
- A strict vegetarian might want to consider reading **FOOD LABELS** to make sure there are no hidden sources of meat, poultry or fish included.
- **PLANNING MEALS** ahead of time is a great way to make sure your meals are balanced.



For more information on vegetarian diets, nutrients, and recipes, visit <http://vrg.org>