

WELCOME

**NUTRITION SERVICES
TEAM**

TO THE MONTHLY COMPETENCY IN-SERVICE!

VEGETARIANISM: IT'S MORE THAN JUST TOFU!

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NFSC 431 Lab In-service Assignment

What Do Vegetarians Eat?



**JUST Fruits
and Veggies?**



**JUST
Tofu?**



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PB&J?

Why Would Anyone Want to Stop Eating Meat??!

- 50% Health
- 10% Ethical
- 9.2% Environmental
- 11.5% Religious
- 20% All of the Above

(“Going Vegetarian For a Day”)



Common Vegetarian Stereotypes

- Hippie Tree Huggers
- Yuppie
- Pale Skin
- Frail or Skinny Body
- It's for women



I am not a vegetarian
because I love animals;
I am a vegetarian because I hate plants





How Do Vegetarians Get Enough Protein?



- Amino Acids → Proteins → Body's Tissue, Cells, much more

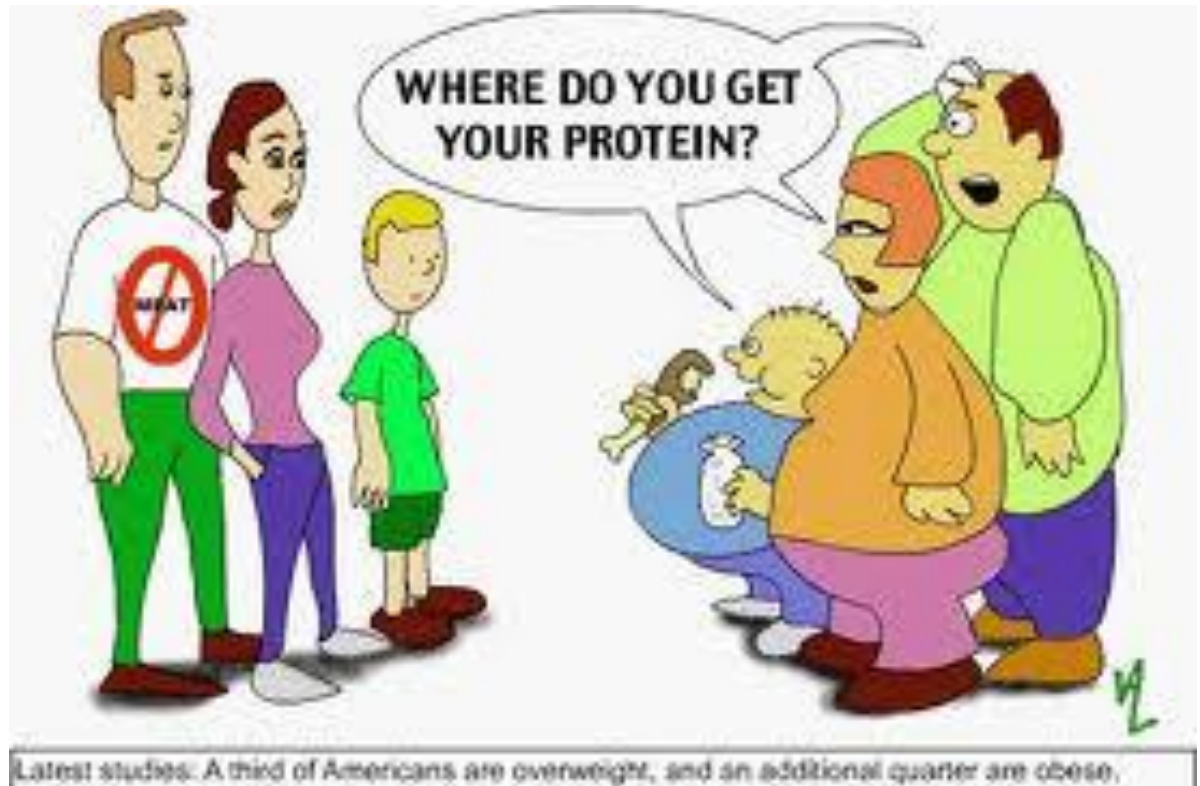


Amino Acids are like the individual pieces to a puzzle... No one likes to be short one piece!!

Protein that we eat from animal meat is already a complete set of all the amino acids we need. Plant food, however, needs some HELP!

How Do Vegetarians Get Enough Protein?

- Legumes + Grains
- Nuts and Seeds + Grains
- Dairy
- Eggs
- Fish
- Soy
- Quinoa



Vegetarian Subtypes

- Lacto
 - Eats dairy products but no meat
- Lacto-Ovo
 - Eats eggs and dairy but no meat
- Pesca
 - Eats fish, eggs, and dairy but no other animal meat
- Vegan
 - Eats no dairy or meat

How Do Vegetarians Get Enough Protein?

1



2



3



4



What Are the Health Differences Between Vegan and Vegetarian?

Vegans

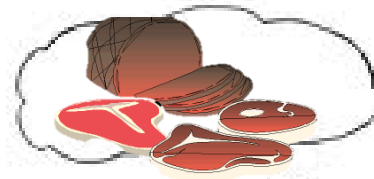
- Pros
 - Low saturated fat
 - High amounts of fruits and vegetables
- Cons
 - Vitamin B-12
 - Iron
 - Vitamin D
 - Calcium
 - Potential high saturated fat from coconut oil

Vegetarians

- Pros
 - More sources of protein
 - High amounts of fruits and vegetables
 - Low saturated fat
 - Good ratio of omega 3 and 6
- Cons
 - Potential high saturated fat

What's In It For Me?

- Health Benefits Correlated with Vegetarianism
- One study showed no difference in the kidney functions between two groups
- Vegetarians Have Lower
 - Blood pressure
 - Blood sodium
 - Blood Glucose
 - Cholesterol levels



Vegetarianism As a Weight Loss Program?

Vegetarians vs Meat-eaters:

- Fewer calories from fat (particularly saturated fat)
 - Higher consumption of carbohydrates
 - Fewer overall calories
 - Lower body mass index
-
- Meat-containing diets work as well as calorie controlled vegetarian diets in enhancing weight loss in intervention studies



Are There Any Risks?

- Disordered Eating Among Vegetarian Youth
 - Among young adults, former vegetarians were more likely than current and never vegetarians to engage in extreme unhealthy weight-control behaviors
 - A higher proportion of the vegetarians (37%) compared with non-vegetarians (8%) were shown to exhibit disordered eating behaviors in one study.
- Planning is **EVERYTHING!!**

Planning Is Everything

Vegetarian Breakfast

French Toast with
strawberry compote

½ Cup Cottage Cheese

½ Cup of Fruit

8 Ounce milk

8 Ounce Coffee with half
and half creamer



Planning is Everything

Vegetarian Lunch

Quinoa salad with broccoli, tomatoes, zucchini, and bell pepper

½ Cup black beans with salsa

Whole Wheat Dinner Roll

½ Cup Chocolate Pudding with bananas and whipped topping

8 ounce Glass of Juice



Planning is Everything

Vegetarian Dinner

Black bean and cheese
quesadilla

Dinner salad with hard
boiled eggs, lentils,
tomatoes, beets,

Hummus and Carrots

Apple pie

8 ounce glass of milk



TEST YOUR KNOWLEDGE!!!

- **Case scenario:**

- Your patient is a vegetarian who would be receiving Breakfast, Lunch and Dinner as previously described.
- But we all know that our patients come with unique needs and requests!!
- Your patient is hungry so you better think quickly to get the food ready and up to the floor!!
- Be the First person to bring an appropriate substitution for your patient's tray to the front of the room and win!!

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Vegetarian Breakfast

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½ Cup of Fruit

~~8 Ounce milk~~

8 Ounce Coffee with half
and half creamer



Planning is Everything

Patient Dislikes!!!!!! Vegetarian Lunch

~~Quinoa~~ salad with broccoli, tomatoes, zucchini, and bell pepper

½ Cup black beans with salsa

Whole Wheat Dinner Roll

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References

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