

A Guide to Vegetarian Diets

Interested in trying out a vegetarian diet? Here are some tips to help you get started:

1. **Start slow!** It can be hard to stick to new eating habits if you change them all at once.



- **Try a Meatless Monday challenge!** Every Monday (or any day you prefer) try to not eat meat and instead focus on eating plant-based foods.
- **Do it with a friend!** It is much easier to change a habit if you have someone with you who is having a similar experience to you.

2. **Eat the rainbow.** Choose a variety of colorful fruits and veggies, including beans and peas.

3. **Choose whole grains.** Try to make half of the grains in your diet whole grains.

4. **Find a good source of Vitamin B12,** such as fortified breakfast cereals, soy beverages, or a B12 supplement.

5. **Take a Vitamin D supplement,** especially if you don't get a lot of time in the sunlight.



How do I get enough nutrients?

It is very possible to have a nutrient-rich diet while being vegetarian! Here are some foods you can include in your diet that are packed with different nutrients:

Protein



Beans



Nuts and nut butters



Quinoa



Dairy products



Eggs

Iron



Whole grains



Beets



Dried fruit



Spinach

Calcium



Calcium-rich cereals



Almond milk



Calcium-rich orange juice



Broccoli



Collard greens



Kale



Bok choy

Vitamin B12



Soy milk



Meat substitutes



Nutritional yeast



B12 supplements

Omega-3 Fatty Acids



Walnuts



Canola or Soybean oil



Tofu

Vitamin D

Vitamin D is not really found in many foods. Taking supplements and sunlight are good ways to get Vitamin D whether you eat meat or are vegetarian.



Mix-and-Match: Plant-based Foods

✓ High in fiber, vitamins, and minerals

✓ Low in saturated fats and calories

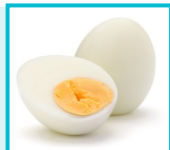
✓ No cholesterol

✓ No added sugars or salt

2 Veggies	Legumes	Whole Grains	Healthy Fats	Fruit (if you want)
 Butternut Squash + Zucchini	 Black beans	 Quinoa	 Pecans	 Strawberries
 Broccoli + Corn	 Red kidney beans	 Brown Rice	 Olives	 Apple
 Spinach + Tomatoes	 Chickpeas or hummus	 Whole wheat bread	 Walnuts	 Grapes
 Kale + Cauliflower	 Tofu or edamame	 Whole wheat or protein pasta	 Almonds	 Mango
 Carrots + Cabbage	 Lentils	 Whole grain crackers	 Avocado	 Pear
 Asparagus + Mushrooms	 Hemp, chia or flax seeds	 Barley	 Olive oil	 Pineapple



Add fresh herbs for more flavor without extra salt.



Still hungry? Add egg, tofu, or cheese to boost protein.



Try going meatless at least once a week for your best health.

Vegetarian Recipe Ideas

Butternut Squash and Cranberry Quinoa Salad

What you'll need:

- 3 cups butternut squash, chopped
- 1 tablespoon olive oil
- 1 cup uncooked quinoa
- 1 1/2 cups water
- 1/3 cup dried cranberries
- 1/3 cup red onion, finely chopped
- 3 tablespoon toasted pumpkin seeds
- Balsamic vinaigrette



How to make:

1. Preheat oven to 400°F.
2. Roast squash with olive oil for 20-25 minutes.
3. Cook quinoa until liquid is gone.
4. Mix quinoa, roasted squash, red onion, cranberries, toasted pumpkin seeds in a large bowl.
5. Add vinaigrette. Mix until combined.

Recipe from: www.littlebroken.com

Chickpea and Tomato Stew

What you'll need:

- 2 tablespoon olive oil
- 3 garlic cloves, finely chopped
- 1 medium red onion, finely chopped
- 3 teaspoon cumin
- 1 1/2 teaspoon smoked paprika
- 1/4-1/2 teaspoon cayenne or hot chili pepper
- 2-3 teaspoon brown sugar
- Black pepper, to taste
- 2 small tins peeled plum tomatoes
- 1 tablespoon tomato paste
- 1 1/2 cups cooked chickpeas
- 1 cup spinach
- Handful of almond flakes, toasted



How to make:

1. Heat oil in pan. Add chopped onion and garlic. Cook until onions are see through.
2. Add spices and mix. Add tomato paste.
3. Flatten plum tomatoes in bowl then add to pan. Add dash of salt and half the sugar.
4. Simmer on low heat with no lid until sauce thickens. Stir in chickpeas, spinach, and let cook with lid on.
5. Serve with grain of your choice.

Recipe from: www.lazycatkitchen.com

Curried Tofu Salad

What you'll need:

- 3 tablespoon low-fat plain yogurt
- 2 tablespoon light mayo
- 2 tablespoon mango chutney
- 2 teaspoon curry powder
- 1/4 teaspoon salt and black pepper
- 1 (14 ounce) package extra-firm tofu, rinsed and crumbled
- 2 stalks celery, diced
- 1/2 cup golden raisins
- 1/2 cup sliced scallions
- 1/4 cup chopped walnuts



How to make:

1. Whisk yogurt, mayo, chutney, curry powder, salt and pepper in large bowl.
2. Stir in crumbled tofu, celery, raisins, scallions, and walnuts.
3. Serve with a salad on top or on a piece of whole wheat toast.

Find recipe video here:

www.youtube.com/user/chnorg