



**California Division North  
Nutritional Services  
Diet - Menu**

**Subject/Title: VEGETARIAN DIET  
Order As: VEGLO**

**GOALS OF DIETARY MANAGEMENT:**

The vegetarian diet is designed for individuals who chose to omit animal products for religious preferences, health concerns, environmental considerations, humanitarian issues, ethical concerns, or economic or political reasons.

**DIET PRINCIPLES:**

Composed mainly of plant foods, the vegetarian diet may or may not include eggs and dairy products. The vegetarian diet is used to promote health and reduce the risks for the development of major, chronic, nutrition-related disease.

Based on the extent to which animal protein are excluded, the vegetarian diets are classified as such:

Lacto-ovo vegetarian - Eat fruits, grains, legumes, nuts, seeds, vegetables, milk and milk products, eggs.

Lacto vegetarian - Eat only fruits, grains, legumes, nuts, seeds, vegetables, milk and milk products.

Ovo vegetarian - Eat only fruits, grains, legumes, nuts, seeds, vegetables, eggs.

Vegan or Strict vegetarian - Eat only fruits, grains, legumes, nuts, seeds, vegetables.

**ADEQUACY:**

The vegetarian diet can be nutritional adequate when well planned. Protein is made up of amino acids and is necessary for replacing body tissues that are constantly being broken down and rebuilt. Animal protein, eggs, milk and dairy products are considered to be high quality of high biological value protein because it contains all the essential amino acids. Plant protein, grains, nuts, seeds, legumes and vegetables, are considered low quality or low biological value protein in that they are lacking in some essential amino acids. However, plant protein can be combined to complement those amino acids that are missing.

**GUIDELINES:**

In planning a vegetarian diet, one should choose a variety of foods in accordance with the Dietary Guidelines for Americans. Vegan or vegan-like diets that exclude all animal products can be nutritional sound, but care must be taken to ensure adequacy of energy and Vitamin D, iron, and vitamin B12 intakes. Patients may wish to discuss supplement with their health care providers. Diets that are very restrictive such as macrobiotic and fruitarian diets, are often nutritionally inadequate and may lead to deficiencies if followed for an extended period.

#### RECOMMENDED DAILY SERVINGS

FOOD GROUP	CHILD	TEEN	ADULT
Milk Group	3-4	4-5	2
Meat Alternate Group	2	3	2
Fruit-Vegetable Group	4	4	4
Grain	4	4	4

The recommendations presented above are based on a lacto-ovo-vegetarian diet that complies with the Dietary Guidelines for Americans. Lacto vegetarian would need to exclude eggs, and vegans would exclude both eggs and dairy products. It is important to stress all vegetarians that labels should be read carefully, as many foods contains hidden sources of meat and meat extracts, animal fat, and dairy products.

#### SAMPLE MENU

	<i>Lacto – Vegetarian</i>		<i>Vegan</i>
<u>Breakfast:</u>	1 cup oatmeal, toasted muffin, 1 egg, 1 cup skim milk, 6 oz. orange juice, coffee or tea	<u>Breakfast:</u>	1 cup oatmeal, 1 cup soy milk, toasted muffin with jam, 6 oz. orange juice, coffee or tea
<u>Lunch:</u>	Peanut butter sandwich, 1 cup skim milk, banana	<u>Lunch:</u>	large salad with 1 cup beans, 2 slices bread, 1 cup soy milk
<u>Dinner:</u>	1 cup beans, 1 stalk broccoli, large salad, 2 slices bread, 1 cup plain yogurt, coffee or tea	<u>Dinner:</u>	1 cup beans, 1 cup broccoli, 2 slices bread, 1 large potato, 1 cup squash, coffee or tea
<u>Snack:</u>	apple	<u>Snack:</u>	apple, banana, pear, 6 rye wafers