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## Vegetarian Diet

The vegetarian diet is one that excludes meat, poultry and fish. However, there are many variations of a vegetarian diet. Persons, who consume mostly foods of plant origin and only occasionally eat foods of animal origin, may call themselves a vegetarian. A vegetarian diet can provide the proper amounts of all nutrients essential for physical well-being, but requires careful planning. The more a diet restricts food sources, the greater the probability that the diet will not meet all the nutrient requirements. A vegetarian diet should include a variety of grains, legumes, nuts and seeds as well as fruits and vegetables. Dairy products and eggs are excellent sources of the nutrients likely to be of marginal content in vegetarian diets and their inclusion in the diet significantly reduces the risk of nutritional inadequacies.

### General Vegetarian Dietary Guidelines

- Include omega-3 sources in diet, such as high omega-3 eggs, flaxseed and flaxseed oil, canola oil, soybean oil, soybeans, walnuts, walnut oil and purslane.
- Consume enough calories to meet energy needs.
- Assure that a source of B12 is included in the diet (especially important for Vegans). Select B12 fortified foods such as commercial breakfast cereals and fortified soy drink or take a Vitamin B12 supplement.
- Select a wide variety of foods.
- If milk and dairy products are consumed, select low fat or non-fat foods.
- Choose whole grain products rather than refined grain products: choose enriched and fortified cereal and grain foods.
- If eggs are included in the diet, limit to 1 egg per day. Keep in mind that cholesterol intake should not exceed 300 mg/day.
- Select a wide variety of fruits and vegetables; include a good source of Vitamin C.
- Minimize the inclusion of sweets, which provide little nutritive value other than calorie.

### Lacto-Ovo Vegetarian and Vegans Dietary Guidelines

Classification	Foods Included	Foods Excluded	Comments
<b>Lacto-Ovo</b>	Grains, legumes, vegetables, nuts, seeds, dairy, eggs	Meat, poultry, fish	Diet may be high in fat if whole fat dairy products are used
<b>Vegan</b>	Grains, legumes, vegetables, nuts, seeds	Meat, poultry, fish, dairy, eggs, foods with small amounts of animal products such as casein and whey; also foods that include animal processing such as honey, sugar, vinegar, wine and beer	Requires Vitamin B12 fortified foods or supplements; may also require Vitamin D fortified foods if sun exposure is inadequate

Food Group	Number of Servings	Foods/Serving Size
<b>Eggs (lacto-ovo)</b>	Maximum 3 egg yolks per week	1 egg, 2 egg whites, 1/4 egg substitute
<b>Milk/Milk Alternative; Dairy Products</b>	2-3	1 cup milk or yogurt, 1/2 egg substitute
<b>Fats</b>	2-3	1 tsp oil or margarine; 2 tbsp salad dressing
<b>Legumes, Nuts, Seeds</b>	2-3	1/2 cup of cooked beans or tofu; 1/4 to 1/3 cup of nuts or seeds; 2 tbsp nut or seed butter, 1/2 cup textured vegetable protein
<b>Grains &amp; Cereals</b>	6-8	1/2 cup of cooked grain or cereal; 1 slice bread, 1 pancake, one 6 inch tortilla, 3/4-1 cup dry cereal
<b>Vegetables</b>	4	1/2 cup of cooked vegetables, 1 cup raw vegetables, include at least one serving of dark green leafy vegetables
<b>Fruit</b>	2-3	1 medium fruit, 1/2 cup cooked or canned fruit, 3/4 cup dried fruit, 3/4 cup fruit juice
<b>Sugar/Sweets</b>	Eat sparingly	1 tsp sugar, jam, jelly, syrup, honey

## Lacto-Ovo Vegetarian Diet Sample Menu Plan

Suggested Meal Plan	Sample Menu Plan	Your Menu
<b>Breakfast</b> Fruit Cereal Bread Fat Milk Beverage	1/2 cup Sliced Bananas 1 cup Bran Flakes 2 slices Whole Wheat Toast 2 tsp Margarine 1 cup Low Fat Milk Coffee	
<b>Noon Meal</b> Soup or Juice High Protein Food Bread Vegetable(s) Fat Fruit/Dessert Beverage	1 cup Vegetable Soup 2 oz Swiss Cheese Sandwich 2 slices Whole Wheat Bread Tossed Salad 2 tsp Italian Dressing (olive oil based) 1/2 cup Sliced Peaches 1 cup Low Fat Milk	
<b>Evening Meal</b> High Protein Food Vegetables Bread Fat Fruit/Dessert Milk Beverage	1 cup Vegetarian Baked Beans 1 cup Mashed Potatoes 2 slices Sourdough Bread 2 tsp Margarine 1 cup Sliced Strawberries 1 cup Low Fat Plain Yogurt Iced Tea	

## Vegan Diet Sample Menu Plan

Suggested Meal Plan	Sample Menu Plan	Your Menu
<b>Breakfast</b> Fruit Cereal Bread Fat Beverage	1 cup Grapefruit 1 cup Oatmeal 1 Whole Wheat Bagel 2 tsp Margarine 1 cup Fortified Soy Milk	
<b>Noon Meal</b> Soup or Juice High Protein Food Bread Vegetable(s) Fat Fruit/Dessert Beverage	1/2 cup Tomato Juice 1 cup Black Bean Soup 2 Whole Wheat Rolls 1 cup Spinach 2 tsp Margarine 1 Pear Iced Tea	
<b>Evening Meal</b> High Protein Food Vegetables Bread Fat Fruit/Dessert Beverage	1 cup Cooked Lentils 1 cup Carrots 1 cup Brown Rice 3 tsp Margarine 1 cup Slice Cantaloupe Hot Green Tea	

## Macrobiotic Dietary Guidelines

Classification	Foods Included	Foods Excluded	Comments
<b>Macrobiotic</b>	Grains, legumes, vegetables, sea vegetables, soy products, Asian condiments, some seafood	Meat, poultry, sometimes fish, dairy products, eggs, vegetables of nightshade family, tropical fruits, processed sweeteners	Requires Vitamin B12 fortified foods of supplements; may also require Vitamin D fortified foods if sun exposure is inadequate

Food Group	Number of Servings	Foods/Serving Size
<b>Legumes</b>	1	1/2 cup cooked beans or tofu
<b>Nuts/Seeds/Fruits</b>	1	Infrequently consumed; 1/4 cup of nuts, seed or fresh fruit is typical
<b>Grains</b>	10	1/2 cup of cooked grains
<b>Vegetables</b>	7-8	1/2 cup of cooked, 1 cup raw
<b>Sea Vegetables</b>	1-2	1/2 cup of cooked
<b>Pickles</b>	1	1/2 cup pickled vegetables
<b>Miso Soup</b>	2	1 cup of soup

## Macrobiotic Diet Sample Menu Plan

Suggested Meal Plan	Sample Menu Plan	Your Menu
<b>Breakfast</b> Fruit Cereal Beverage	1 cup Sliced Banana 2 cup Oatmeal with 2 tsp Sesame Seeds Grain Coffee	
<b>Noon Meal</b> Soup or Juice High Protein Food Bread Vegetables Fruit/Dessert Beverage	1 cup Miso Soup 1 cup Mixed Barley & 1 cup Brown Rice with 1 cup Tamari & Ginger Root 1 cup Steamed Broccoli 1 cup Baked Carrots 1 cup Plums Green Tea	
<b>Evening Meal</b> High Protein Food Vegetables Bread Beverage	1 cup Miso Soup 1 cup Adzuki Beans 1 cup Mixed Vegetables 1 cup Steamed Kale 1 cup Pickled Cabbage 1 cup Brown Rice Green Tea	

## Fruitarian Dietary Guidelines

Classification	Foods Included	Foods Excluded	Comments
<b>Fruitarian</b>	Fruits, vegetables that are botanically fruits (tomatoes, eggplant, avocado, zucchini), nuts, seeds	Meat, fish, poultry, dairy foods, eggs, grains, legumes, most vegetables	Some modified versions of this pattern may allow grains and/or legumes; difficult to plan a nutritionally adequate