



Vegetarian eating:



Beefing up without the meat

Vegetarian eating can be healthy and tasty. It just takes a bit of planning. For growing adolescents, the hardest part of vegetarian eating is figuring out which foods to eat in place of meat. Nutrients found in meat are important and are in plant-based foods.

Protein helps your body grow. Foods high in protein include:

- Beans • Yogurt
- Nuts and seeds, and their butters (such as peanut and sesame seed butter)
- Lentils • Soy products



Iron helps your blood carry needed oxygen. Foods high in iron include:

- Iron-fortified breads, pastas and cereals
- Seeds and nuts
- Dried fruit (such as raisins and apricots)
- Legumes (such as dried peas, beans, and lentils)

Eat foods high in Vitamin C, like fruit and sweet peppers, to help your body absorb iron.

Calcium and vitamin D are important for strong bones. If you don't eat milk products, these nutrients can be found in many non-dairy sources, like fortified soy beverages.

Vitamin B12 is found in milk, eggs, and some fortified cereals, veggie meats, and soy milks.

Eat a variety of grains, vegetables, legumes, nuts, seeds and fruits to give you the nutrients you need. Aim to have the number of Food Guide Servings recommended by Eating Well with Canada's Food Guide.

Try some of these vegetarian choices:

- Bean burrito
- Vegetarian chilli
- Baked beans
- Peanut butter on whole grain bread
- Egg salad sandwich
- Egg or tofu fried rice
- Tofu/soy burger
- Vegetables and fruit with bean dip
- Trail Mix – nuts and seeds with dried fruits



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