

# Suggestions for Healthy **Vegetarian** Eating:

## Breakfast:

- Fresh, dried or stewed fruit or fruit juice
- Wholegrain cereal with milk or cottage cheese or egg
- Wholemeal bread with margarine or peanut butter

## Mid-morning:

- Tea, coffee
- Fruit, yoghurt, wholemeal bread or biscuit

## Lunch:

- Beans, Lentil bake or nut loaf, eggs or cheese
- Wholemeal bread or wholegrain rice or pasta
- Vegetable or salad
- Fresh fruit

## Mid –Afternoon:

- As Mid-morning if desired

## Evening Meal:

- Homemade soup, fruit or fruit juice
- Lentil dish, beans or peas, or nut roast
- Potatoes, brown rice, wholemeal bread or pasta
- Variety of vegetables or salad
- Fresh, stewed or dried fruit, yoghurt, milk pudding or fruit based yoghurt

*(This Menu is suggested by the INDI- Irish Nutrition & Dietetic Institute)*

# How to achieve a Healthy Vegetarian Diet:

Choose foods from the **Four food groups**:

## Milk group

- Meat Alternative group
- Cereal and Potato group
- Fruit and vegetable group

### 1. - Milk Group

- Calcium necessary for Bones & Teeth
- \*\*Also supplies: Protein, Energy, Vit. B2, B12

*(Includes all milks, cheeses, yoghurts and foods with high amounts of milk as the main ingredient)*

### 2. Meat Alternatives Group

- Protein, energy, B vitamins, iron & a little calcium

*(Includes eggs, fish, legumes-peas/beans/lentils, nuts, seeds, Meat Analogues e.g. T.V.P)*

### 3. Cereal and Potato Group

- Energy, Fibre & some B vitamins

*(Includes wholegrain cereals, wholemeal breads & pastas, all cereal grains e.g. brown rice, oats, barley, corn, wheat & rye)*

### 4. Fruit & Vegetables Group

- Vitamins A & C, Fibre, Calcium (green veg.)

*(Includes fresh, canned, frozen, dried fruit & vegetables and sea vegetables e.g. Carrageen)*