

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)