Athlete’s Plates for Vegetarian Diets

Why do people choose vegetarian diets?
• Plant based diets have been associated with better health outcomes
• Ethical considerations – animal rights and/or welfare
• Sustainability considerations
• Religious considerations
• preference

What are the different types of vegetarian diets?
• Lacto-ovo vegetarians use dairy products (milk, cheeses, yogurt) and eggs
• Flexitarians are primarily vegetarian but occasionally eat fish or meat
• Pescatarians are lacto-ovo vegetarians who also eat fish

What are vegetarian sources of protein?
• Dairy and cheese
• Eggs
• Nuts and nut butters
• Tofu and tempeh
• Soy products
• Beans and legumes

Are vegetarian diets nutritionally adequate?
• Few nutrition risks for lacto-ovo vegetarians
• Need to include beans and dark green leafy vegetables to get enough iron
• May need planning to get enough calories
Green = Grains or Starch
Blue = Fruits and Vegetables
Red = Protein

Sample Menu:
Grilled Cheese Sandwich (grains and protein)
Vegetarian Vegetable Soup w/crackers
Raw veggies
Apple
Milk