

# HEALTHY EATING TIPS

## For Vegetarians

- ◆ Build meals around protein sources that are naturally low in fat, such as beans, lentils, and rice. Don't overload meals with high-fat cheeses to replace the meat.
- ◆ Calcium-fortified soymilk provides calcium in amounts similar to milk. It is usually low in fat and does not contain cholesterol.
- ◆ A variety of vegetarian products look (and may taste) like their non-vegetarian counterparts, but are usually lower in saturated fat and contain no cholesterol.
- ◆ For breakfast, try soy-based sausage patties or links.
- ◆ Rather than hamburgers, try veggie burgers. A variety of kinds are available, made with soy beans, vegetables, and/or rice.
- ◆ Add vegetarian meat substitutes to soups and stews to boost protein without adding saturated fat or cholesterol. These include tempeh (cultured soybeans with a chewy texture), tofu, or wheat gluten (seitan).
- ◆ For barbecues, try veggie burgers, soy hot dogs, marinated tofu or tempeh, and veggie kabobs.
- ◆ Make bean burgers, lentil burgers, or pita halves with falafel (spicy ground chick pea patties).
- ◆ Some restaurants offer soy options (texturized vegetable protein) as a substitute for meat, and soy cheese as a substitute for regular cheese.
- ◆ Most restaurants can accommodate vegetarian modifications to menu items by substituting meatless sauces, omitting meat from stir-fries, and adding vegetables or pasta in place of meat. These substitutions are more likely to be available at restaurants that make food to order.
- ◆ Many Asian and Indian restaurants offer a varied selection of vegetarian dishes.



Many foods that typically contain meat or poultry can be made vegetarian. This can increase vegetable intake and cut saturated fat and cholesterol intake. Consider:

pasta primavera or pasta with marinara or pesto sauce  
veggie pizza  
vegetable lasagna  
tofu-vegetable stir fry  
vegetable lo mein  
vegetable kabobs  
bean burritos or tacos

