

## EATING PATTERNS

Vegetarians generally exclude certain animal foods from their diets. There are several different types of eating patterns.

- Vegan: Only consumes foods of plant origin and excludes all animal sources.
- Lacto -vegetarian: Consume milk and dairy sources along with plant foods.
- Lacto-ovo vegetarian: Consumes milk and dairy products, as well as eggs, along with plant foods.
- Semi- vegetarian: consumes some groups of animal foods but not all. A common example of this is consuming fish and poultry but not red meat

**SKIDMORE**  
C O L L E G E

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[HTTP://WWW.SKIDMORE.EDU/DININGSERVICE/](http://www.skidmore.edu/diningservice/)



## VEGETARIAN

Nutritional Information

Skidmore College

## NUTRIENTS



<http://www.eatthevegs.com/are-raw-vegetables-healthy-for-humans/>

Because of the foods excluded in these diets include important sources of protein, iron, Vitamin B-12 and D, calcium, and other nutrients, it is important to pay special attention to them.

### Protein

Proteins are composed of amino acids, which the body can produce itself, but there are some essential amino acids the body cannot produce. We obtain these amino acids from certain foods that we eat. Vegetable proteins contain varying amounts of the essential amino

acids. By combining unrefined grains, legumes, seeds, nuts, and vegetables throughout the day, a balanced amino acid mix can be obtained.

### Iron

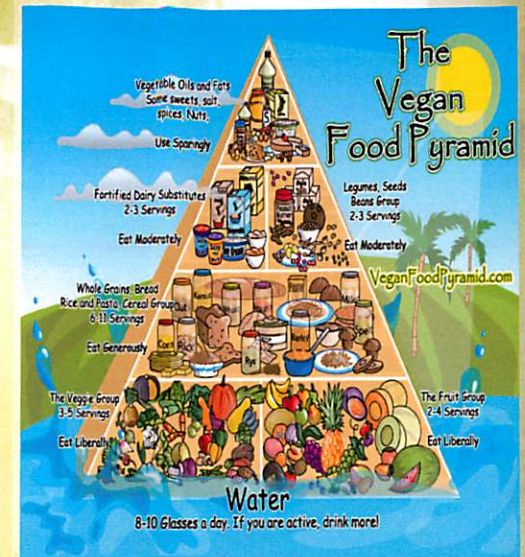
Vitamin C from fruits and vegetables increases iron absorption for vegetarians. Iron can be found in firm tofu, kidney and pinto beans, lentils, molasses, chickpeas, tahini, and sesame seeds.

### Vitamin D

Daily sun exposure can activate Vitamin D in your skin. Dairy products contain Vitamin D, but if dairy products are not consumed a supplement should be taken.

### Calcium

Consume two or more sources of calcium daily and exercise regularly for good bone health. Calcium retention in the body is improved if protein intake is not excessive, but adequate.



<http://theveganproject.wordpress.com/2010/11/03/nutrition-tips-for-active-vegans/>

### Vitamin B-12

Plant foods do not contain vitamin B-12, but meat and dairy products do. Supplemental sources are available for vegans that include breads, cereals, rice, pasta, vegetables, legumes, fruits, fats, and sweets.