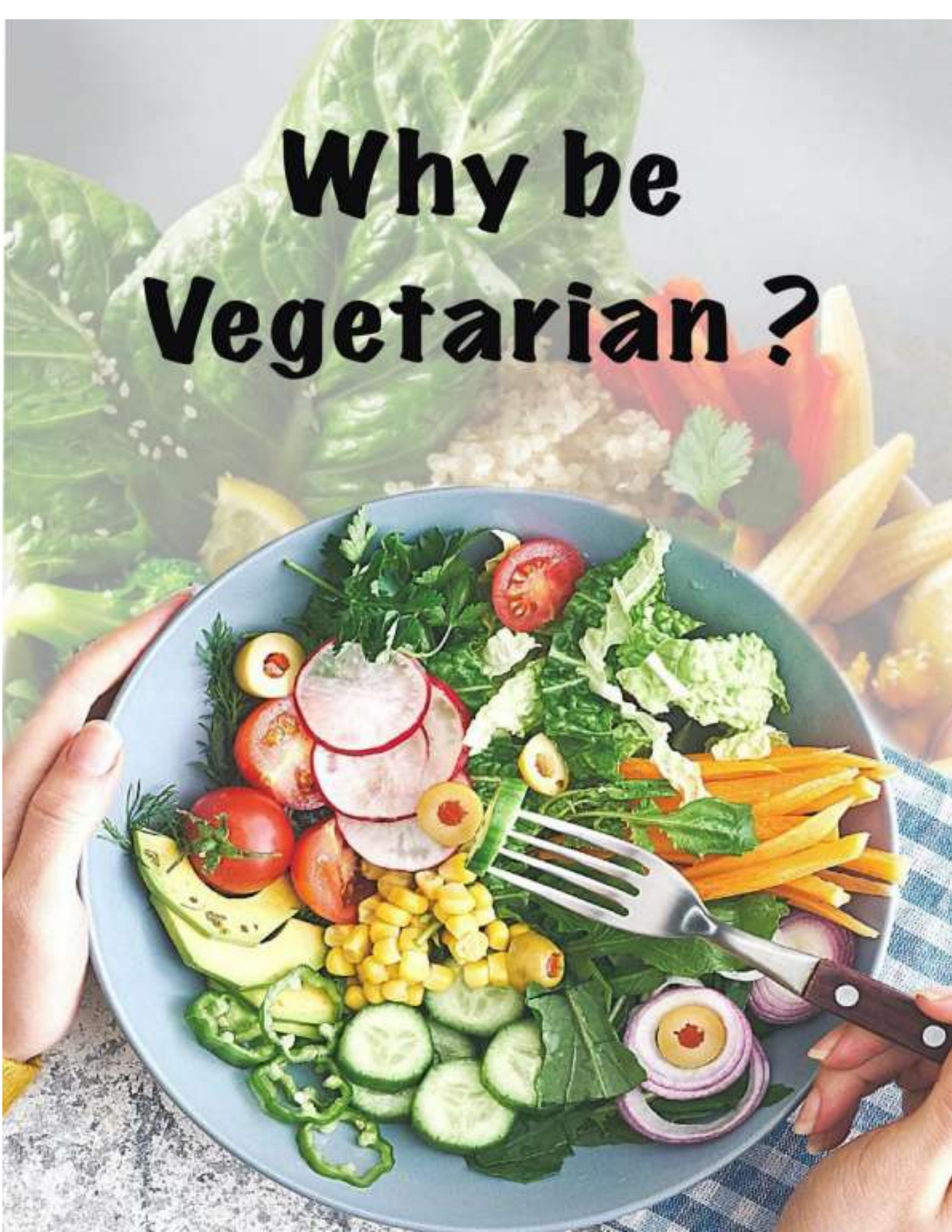


# Why be Vegetarian ?



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# Following Vegetarianism



Being a vegetarian has many health benefits like reducing the risk of obesity, heart disease, high blood pressure, type 2 diabetes, and certain types of cancer. It can also help lower cholesterol levels and reduce the risk of foodborne illnesses. Additionally, vegetarian diets tend to be higher in fiber and contain more vitamins, minerals, and antioxidants than non-vegetarian diets.

Being a vegetarian can also help reduce the environmental impact of the food system, by reducing the demand for meat, which is a major source of greenhouse gas emissions.

What is the motivation for becoming a vegetarian is a personal decision that could be based on a few different factors. These could include health, environmental, animal welfare or moral reasons. Other factors could include religious beliefs, personal preference or a desire to reduce the consumption of animal-based products. Ultimately, the decision to become vegetarian is a personal one, and should be based on the individual's values and beliefs.

Vegetarianism stands the test of time. In fact, vegetarianism has been around for thousands of years, with the first known records of vegetarianism dating back to ancient India. In recent years, vegetarianism has gained more popularity due to the health and environmental benefits associated with it. There are also many delicious vegetarian recipes that can be enjoyed. With the growing awareness of the importance of a healthy, plant-based diet, vegetarianism is likely to continue to be a popular lifestyle choice.

Vegetarians have a bright future. As more people become aware of the environmental, ethical, and health benefits of vegetarianism, more and more people are choosing to become vegetarian or to reduce their consumption of animal products or in fact a lot of people are following the vegan culture that is plant-based diets which are becoming increasingly popular and the market for plant-based products is growing rapidly. As the demand for plant-based products increases, companies are investing more money in research and development of plant-based alternatives, which means that vegetarian products are becoming more accessible and more affordable.

# Increasing vegetarian Population



1. Increase access to plant-based food: Increase access to plant-based food by providing incentives for businesses to offer more vegetarian options, creating plant-based meal plans at schools and workplaces, and making plant-based products more widely available.
2. Educate the public: Educate the public on the benefits of vegetarianism and plant-based diets, including health benefits, environmental sustainability, and animal welfare.
3. Promote plant-based diets: Promote plant-based diets through public campaigns, health care providers, and marketing strategies.
4. Support vegetarian businesses: Support vegetarian businesses, such as vegetarian restaurants and food producers, by providing grants and other incentives.
5. Advocate for vegetarianism: Advocate for vegetarianism in public policy by encouraging government institutions to offer vegetarian options, prohibiting certain animal products in government institutions, and providing incentives for vegetarian businesses.
6. Increase research: Increase research on the effects of vegetarianism, including the health benefits, environmental impacts, and economic opportunities.

# Benefits of a vegetarian diet

## *Lower risk of Obesity*

Vegetarians tend to have lower rates of obesity, coronary heart disease, high blood pressure, type 2 diabetes, and some forms of cancer compared to non-vegetarians. A vegetarian diet is also associated with a lower intake of saturated fat and cholesterol and higher intake of vitamins, minerals, fiber, phytochemicals, and other beneficial plant components.

## *Lower risk of Chronic diseases*

Vegetarian diets have been associated with a reduced risk of several chronic diseases, including heart disease, type 2 diabetes, and certain types of cancer. Vegetarian diets are typically high in fiber and low in saturated fat, both of which are associated with a lower risk of these diseases. Vegetarian diets are also typically rich in antioxidants, which may help protect cells from damage that can lead to cancer. Additionally, vegetarian diets typically exclude processed meats, which are associated with an increased risk of heart disease and certain types of cancer.

These are the nutrition recommendations for the prevention of chronic diseases

1. Eat a variety of nutrient-dense foods.
2. Eat plenty of vegetables, fruits, and whole grains.
3. Limit your intake of added sugars and refined grains.
4. Choose healthy fats, such as olive oil and nuts.
5. Choose foods low in sodium and limit your intake of salt.
6. Drink plenty of water and limit your intake of sugary beverages.
7. Exercise regularly.

## *Power of a Vegetarian diet*

Power from plants legumes, nuts, and seeds Legumes, nuts, and seeds are all great sources of plant-based power. Legumes are packed with protein, fiber, and other essential nutrients, while nuts and seeds are rich in healthy fats, minerals, and vitamins. Eating legumes, nuts, and seeds regularly can help you stay full and energized

throughout the day. They are also a great way to add flavour and texture to meals. Try adding them to salads, soups, and stir-fries for a tasty and nutritious boost.

# Sources of Nutrients in a Vegetarian Diet



## *The source of protein in a vegetarian diet*

Protein in vegetarian diets Vegetarians can get protein from a variety of sources, such as beans, lentils, nuts, seeds, tofu, tempeh, dairy products, and whole grains. Other sources of vegetarian protein include seitan, nutritional yeast, quinoa, and certain vegetables. Eating a variety of these foods can ensure that a vegetarian diet contains all the essential amino acids and other nutrients needed for optimal health.

## *The source of Iron in a vegetarian diet*

Iron in vegetarian diets Iron is an essential nutrient for vegetarians, and many plant-based foods are good sources of iron. These include legumes, nuts, seeds, whole grains, fortified breakfast cereals, dark leafy greens, dried fruits, and some fortified plant milks and breads. Additionally, consuming vitamin C-rich foods alongside plant-based iron sources can help to increase the absorption of iron.

## *The source of Calcium in a vegetarian diet*



1. Milk: Dairy products like milk, cheese, and yogurt are excellent sources of calcium.
2. Leafy greens: Spinach, kale, and collard greens are some of the best sources of calcium.
3. Legumes: Beans, peas, and lentils are also good sources of calcium.
4. Almonds: Almonds are also a good source of calcium.
5. Fortified foods: Many breakfast cereals and juices are fortified with calcium.
6. Soy products: Soy milk and tofu are also good sources of calcium.
7. Sardines: Canned sardines are also a great source of calcium.
8. Fortified orange juice: orange juice that is fortified with calcium is an excellent choice.
9. Figs: Figs are also a good source of calcium.
10. Broccoli: Broccoli is also a great source of calcium.

## *The source of Fatty Acids in a vegetarian diet*

Yes, vegetarian diets can provide sufficient essential fatty acids. Plant-based sources of essential fatty acids include nuts, seeds, avocados, and vegetable oils such as olive, canola, and soybean oil. These foods are rich in monounsaturated and polyunsaturated fats, which are considered essential fatty acids. In addition, some plant-based foods, such as walnuts, flaxseeds, and chia seeds, provide omega-3 fatty acids, which are also essential.





### *The source of B-12 in a vegetarian diet*

1. Include fortified foods such as breakfast cereals, plant-based milks, nutritional yeast, and meat substitutes like tofu and tempeh.
2. Eat a variety of plant-based proteins like legumes, nuts, seeds, and whole grains.
3. Consume a lot of green leafy vegetables, like spinach, kale, and Swiss chard, which are rich in B vitamins.
4. Snack on dried fruit, such as apricots and prunes, which contain B vitamins.
5. Take a vitamin B-12 supplement, either as a pill or as a sublingual or nasal spray.
6. Consider joining a CSA or buying produce from a local farmer's market to ensure you're getting a variety of fresh fruits and vegetables.
7. Try incorporating seaweed into your diet. It's a great source of B vitamins, as well as other vitamins and minerals.

# Vegetarian diet for Age groups

## *Following a Vegetarian diet in Pregnancy*

Yes, vegetarians can still follow a vegetarian diet during pregnancy and lactation. In fact, a well-planned vegetarian diet is a healthful option that can provide all the nutrients needed for a healthy pregnancy. Eating a variety of plant-based foods, including legumes, nuts, seeds, whole grains, fruits, vegetables, and dairy products or fortified plant-based milks, can help vegetarians meet their nutrient needs during pregnancy and lactation. It is important to talk to a healthcare provider to make sure that all nutrient needs are being met. Additionally, some supplements, such as vitamin B12, may be recommended.

## *Following a Vegetarian diet for an Infant*



During infancy, it is important to ensure that a vegetarian diet provides the right amount of essential nutrients for a baby's growth and development. Plant-based foods such as legumes, nuts, seeds, whole grains, fruits, and vegetables should be included in the baby's diet. Additionally, fortified plant-based milks, such as soy, almond, or oat milk, can provide important nutrients. Nutritional yeast and nutritional supplements can also be beneficial to ensure that the baby is getting enough vitamin B12, zinc, iron, and other nutrients. It is also important to make sure that the baby is getting enough calories to support their growth and development.

## *Following a Vegetarian diet for childhood (two to twelve and beyond)*

It is important to introduce vegetarianism to children at a young age so they can learn healthy eating habits that will last a lifetime. Here are some tips to help you get started:

1. Start with small changes. Begin by gradually reducing the amount of meat in your child's meals. Replace it with healthier vegetarian alternatives like beans, lentils, nuts, and tofu.
2. Invest in cookbooks and recipes. There are plenty of vegetarian cookbooks and recipes available online that can help you create delicious vegetarian meals that your kids will love.
3. Make it fun. Incorporate interactive activities like growing plants and herbs in the garden, or visiting local farmer's markets to purchase and try new vegetarian ingredients.
4. Lead by example. Kids look up to their parents and are more likely to embrace a vegetarian lifestyle if their parents are living it themselves.
5. Talk about it. Have open conversations with your children about why you have chosen to live a vegetarian lifestyle and the positive benefits it can bring to their lives.
6. Educate. Teach your children about the various animal welfare and environmental issues associated with eating meat, such as factory farming and deforestation.

## *Following a Vegetarian diet for Teenagers*

1. Educate teens on the health and environmental benefits of being vegetarian.
2. Show teens examples of vegetarian recipes that are easy and cost-efficient to make.
3. Encourage teens to find vegetarian restaurants in their area and try new vegetarian dishes.
4. Connect teens with vegetarian and vegan groups in their community.
5. Take teens on field trips to grocery stores and farmers markets to show them how to find and select vegetarian foods.
6. Host family-style vegetarian meals and potlucks to give teens the opportunity to try different vegetarian dishes.
7. Make sure teens understand how to get enough protein and other essential nutrients without eating meat.
8. Encourage teens to read up on vegetarianism and watch documentaries on the topic.
9. Give teens books and magazines about vegetarianism and veganism.
10. Talk to teens about the ethical implications of their food choices.

## *Following a Vegetarian diet for old age*

1. Increase your intake of fruits and vegetables. Include a variety of colors and types for maximum health benefits.
2. Incorporate plant-based proteins into your diet. This could include beans, lentils, tofu, and tempeh.
3. Eat plenty of whole grains. This could include quinoa, brown rice, oats, and barley.

4. Avoid processed foods and added sugars.
5. Drink plenty of water.
6. Include healthy fats in your diet, such as nuts, seeds, avocados, and olive oil.
7. Be mindful of portion sizes and never overeat.

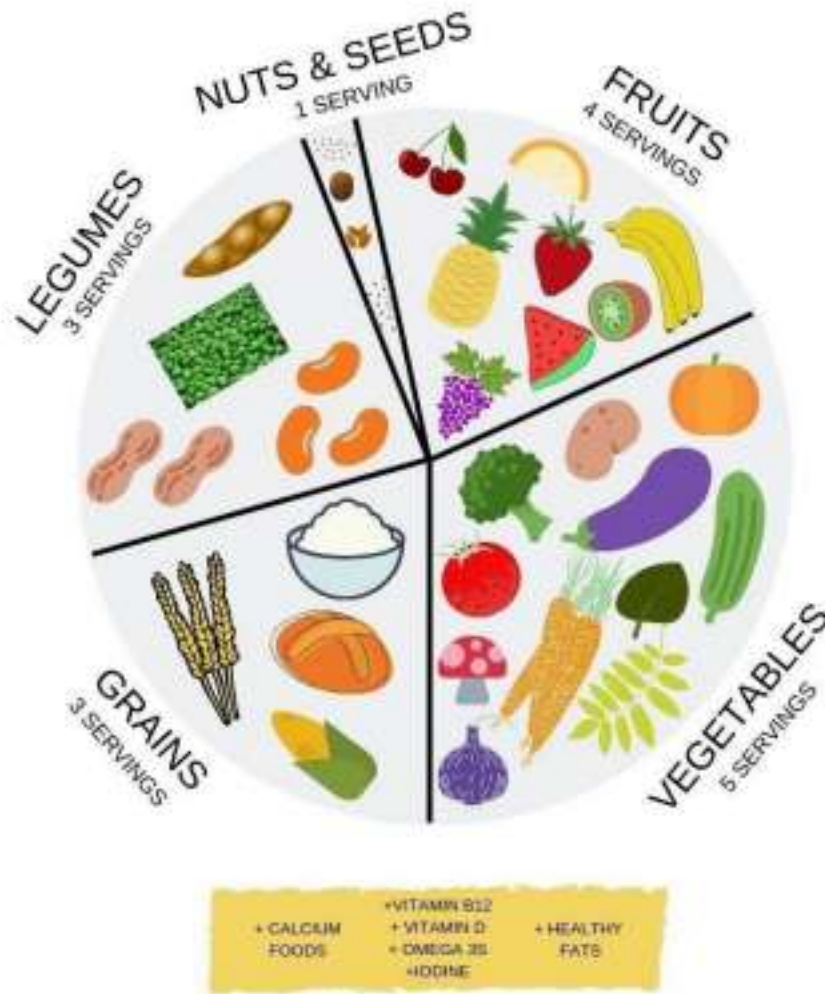


8. Exercise regularly. Aim for at least 30 minutes of physical activity per day.
9. Get adequate rest. Aim for 8 hours of sleep per night.
10. Develop a positive attitude and practice self-care.

### *Keeping a Healthy Mind and Body*

Achieving a healthy mind and body requires dedication and effort. Eating a balanced diet, exercising regularly, and getting enough sleep are essential for both mental and physical health. Additionally, it is important to take time for yourself, practice relaxation techniques, and engage in activities that bring joy and purpose. Finally, make sure to stay connected with friends, family, and the community for emotional support.

# Tips to become a Vegetarian



1. Learn about vegetarianism: Take time to learn about the different types of vegetarianism, the health benefits of a vegetarian diet, and how to prepare vegetarian meals.
2. Stock up on vegetarian staples: Stock your pantry and refrigerator with vegetarian staples like legumes, whole grains, nuts, seeds, and tofu so that you always have a healthy option available.
3. Plan ahead: If you're eating out or attending a social gathering, make sure to plan ahead. Call ahead and inquire about vegetarian options or offer to bring a vegetarian dish to share.
4. Find a support group: Find like-minded people to support you in your journey. Connect with local vegetarian groups or online communities for recipes, advice, and moral support.
5. Be patient: Change takes time. Be patient with yourself and your progress. It takes time to adjust to a new diet, but with time and practice, you'll be a vegetarian pro in no time.