

The Vegetarian Diet

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Introduction

4 Main Types of Vegetarian Diets

- ◆ Vegan Diet
 - Exclude all animal products from their diets
- ◆ Ovo-vegetarian Diet
 - Include eggs in diet
- ◆ Lacto-vegetarian Diet
 - Include dairy products, such as cheese, milk, and yogurt, in diet
- ◆ Ovolacto-vegetarian Diet
 - Include both eggs and dairy products in diet

Introduction Con't

Why Vegan?

- ◆ Reasons for Becoming a Vegan
 - Animal Rights
 - Health
 - Environment
 - Resource Use
 - Spiritual Growth

Background Information

The Vegan diet is one that excludes all animal products from the diet. In many cases this will go as far as to not use honey, wool or silk, because they all come from animals. Most people who are vegan are for ethical reasons, along with health reasons.

The vegan diet is a nutritional way to lead a healthy life. Veganism is associated with decreased incidences of certain health problems. Several forms of cancers and heart disease are some of these health problems which are avoided.

The vegan diet is a low fat, high carbohydrate diet.

Concerns of the Vegan Diet

- ◆ Vitamin B12 Deficiency
- ◆ Iron Deficiency
- ◆ Protein Deficiency
- ◆ Calcium Deficiency

Vitamin B₁₂

- ♦ Vitamin B12 is very important because it is needed for cell division and blood formation. Low intakes of vitamin B12 can lead to a vitamin B12 deficiency. The deficiency can lead to anemia and nervous system damage.
- ♦ Vitamin B12 is essential for proper human nutrition
- ♦ Plants are not a reliable source for Vitamin B12

Vitamin B12 Con't

- ♦ The Vegan Diet does not provide adequate levels of vitamin B12 to meet the nutritional needs of the person. However through proper supplementation of vitamin B12 or by consuming foods fortified with vitamin B12, nutritional needs can be met.

Iron

- ♦ Iron is required in the body for the production of blood
- ♦ There are two forms; Heme, which is found only in meat, and Non-heme which is found in both meat and plant foods
- ♦ The vegan diet consists of the non-heme type
- ♦ Non-heme iron does not absorb as well into the blood, which could cause iron deficiencies in vegans if they are not careful

Iron and Vitamin C

- ♦ Vitamin C is important in the absorption of iron into the blood
- ♦ It helps the difficult to absorb non-heme iron from plants absorb into the blood of vegans

Sources of Iron

- ♦ Good sources of iron include:
 - Dried fruits
 - Green leafy vegetables
 - Nuts
 - Seeds
 - Whole grains

Protein

- ♦ The vegan diet allows the body to get adequate amounts of protein
- ♦ Eating a variety of unrefined grains, legumes, seeds, nuts, and vegetables throughout the day will provide the recommended daily intake
- ♦ Protein combining is not necessary, if a variety of foods are eaten then they will make up the deficit if another food is low in a certain amino acid

Calcium

- ♦ Calcium is essential for healthy bones and teeth
- ♦ It is essential in preventing osteoporosis later in life
- ♦ Vegan diets can provide adequate amounts of calcium because calcium is well absorbed from plant foods

Sources of Calcium

- ♦ Good sources of Calcium include:
 - Tofu- if it is prepared with calcium sulphate it can provide 4 times the calcium of cow's milk
 - Oatmeal
 - Parsley
 - Almonds
 - Soya flour

Vegetarianism Throughout Life

- ♦ A vegan diet can be appropriate for people in all stages of life
- ♦ If the diet is planned and used correctly it can satisfy the nutritional needs of infants, children, adolescents and promote normal growth
- ♦ Children on the vegan diet need to emphasize foods rich in calcium, iron, and zinc

Vegan Diets and The Athlete

- ♦ A vegan diet can safely adhere to the nutritional needs of competitive athletes
- ♦ Athletes may need to increase protein intakes to meet their nutritional needs

Summary

The vegan diet provides all the nutritional needs to live a healthy life and it can be used by most people.

Conclusion

The vegan diet is a balanced and can be used to ensure a healthy life. However if the vegan diet is not properly planned it can lead to health problems.