

# THE HUNGRY GRIZZLY



The University of Montana - University Dining Services

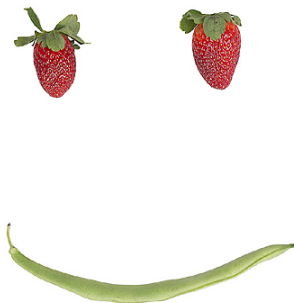
**Dear Hungry Grizzly Subscriber,**

Registered Dietitians are frequently asked about vegetarianism. Here at UM, vegetarianism is especially prominent; in fact we were just nominated for peta2's "Most Veg-Friendly College"! This issue of the Hungry Grizzly will give you some basic information about vegetarianism.

## **VEGETARIANISM 101 - Definitions and Rationale**

Did you know that the majority of the world's population subsists on a primarily vegetarian diet? Within this population, there are different types vegetarianism. Here are the formal definitions:

- **lacto- ovo vegetarians:** eat eggs and dairy products along with plant foods.
- **lacto-vegetarians:** eat dairy products and plant foods.
- **vegans:** consume only plant foods and avoid all animal products.
- **semi vegetarians or flexitarians:** consume dairy, eggs and occasionally eat fish or poultry; usually avoiding red meat.



There are four primary reasons people choose to eat a vegetarian diet; concern for their health, the environment, animal rights and for religious reasons.

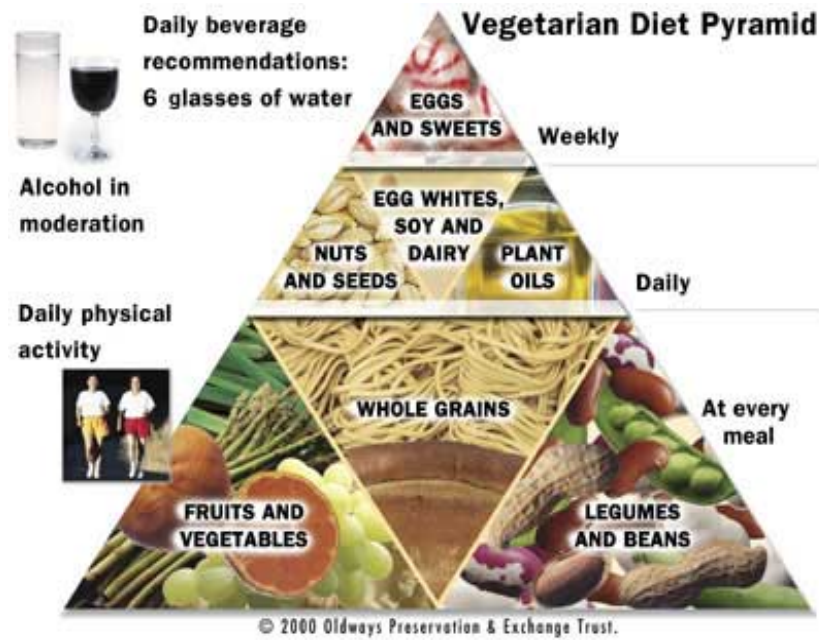
There are numerous health benefits of a well-balanced vegetarian diet which include: lower cholesterol, lower blood pressure, lower body mass index, and decreased incidence of heart disease, stroke, cancer and a longer life span.

Environmental vegetarianism is based on the belief that the production of meat and other animal products, by intensive agriculture, is environmentally unsustainable. According to the USDA, growing crops for farm animals consumes nearly ½ the U.S water supply and 80% of agricultural land. Also, agriculture is a significant contributor of green house gases. In addition, raising animals for human consumption is extremely energy inefficient.

Some vegetarians are very concerned with animal cruelty which includes a belief that farm animals raised for human consumption experience pain, stress, fear and frustration.

## **VEGETARIANISM 101 - Diet basics**

A well balanced vegetarian diet includes whole grains, beans, legumes, nuts, seeds, vegetables, fruit, and low fat dairy products. A balanced plant based diet may be high in fiber, vitamins, minerals, antioxidants and phytonutrients and low in saturated fat and cholesterol.



Many of the health benefits associated with vegetarianism are due to these important differences as opposed to the traditional American diet.

If you're considering switching from a conventional diet to a vegetarian diet, make the transition slowly. Gradually reduce the amount of meat in your diet, replacing the meat with excellent plant based proteins. To ensure you get an adequate amount of essential amino acids, pair any plant based protein with a dairy product, or soy based product. Pairing plant proteins does not need to occur at each meal, you just need a wide variety of plant proteins over the course of the day. Listed below are some great vegetarian protein sources.

Type of Protein	Source	Protein (grams)	Fiber (grams)
<b>Plant</b>	Refried beans (1 cup)	16g	15g
<b>Plant</b>	Black eyed peas (1 cup)	13g	14g
<b>Plant</b>	Lentils (1 cup)	15g	16
<b>Soy</b>	Pita (1 large, whole wheat)	6.3	4.7
<b>Soy</b>	Tempeh (3 oz)	18g	3.4g
<b>Soy</b>	Veggie burger	13-18g	2-5g
<b>Soy</b>	Soy milk	8g	0g
<b>Dairy</b>	Cottage Cheese (1/2 cup low-fat)	14g	0g
<b>Dairy</b>	Cheese (1 1/2oz)	8g	0g
<b>Dairy</b>	Yogurt (1 cup, low-fat)	12g	0g
<b>Dairy</b>	Milk (1%)	8g	0g

The Recommended Daily Allowance for protein is 0.8g per kilogram body weight or about 55g for a 150 pound person. Most Americans get well above the daily protein requirement.

## **VEGETARIAN COOKING**

Looking for delicious recipes? Here are some classic vegetarian cookbooks!

- *Vegetarian Cooking for Everyone*, by Deborah Madison
- *Moosewood Restaurant Simple Suppers--Fresh Ideas for the Weeknight Table*
- Any other title by the Moosewood Restaurant Collective or Mollie Katzen
- *The Vegetarian Epicure*, by Anna Thomas (both the original and the new version are great)

### **Nutrition Links:**

*Moosewood Restaurant Selected Recipe Archive*

[http://www.moosewoodrestaurant.com/recipes\\_archive.html](http://www.moosewoodrestaurant.com/recipes_archive.html)

Vegetarian Times

<http://www.vegetariantimes.com/>

*More info on vegetarian diets from the Mayo Clinic.*

<http://www.mayoclinic.com/health/vegetarian-diet/HQ01596>

If you're not even remotely interested in becoming a vegetarian, making small changes to include more plant based foods and fewer animal based foods is a great step to improve your health. So whether you are a vegan or a steak and eggs lover, there's always room to improve!

**Be Well,**

**Rebecca Shern, RD, LD**  
**University Dining Services**

Email a question to the campus dietitian: [rebecca.shern@mso.umt.edu](mailto:rebecca.shern@mso.umt.edu)

Call for a nutrition counseling appointment: 406.243.6325

Visit the Dining Services website: <http://www.umt.edu/uds>