

VEG OUT!

The Basics of the Vegetarian Diet

Whether you're hoping to institute a meatless Monday at your dinner table or something more permanent, NorthShore University HealthSystem has all the information you'll need to make the change a healthy one.



HEALTH BENEFITS

Many of the foods that make up a vegetarian diet are:



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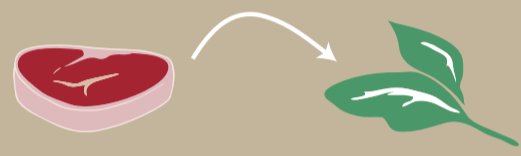


which can result in significant health benefits.

Prevents Heart Disease



Reducing the amount of meat, particularly red meat, in your diet CAN HELP LOWER YOUR RISK FOR HEART DISEASE.



Maintains Healthy Body Weight



ONLY **29%** of the 7.3 million vegetarians in the United States are overweight

VS.



69% of all Americans over 20 are considered overweight

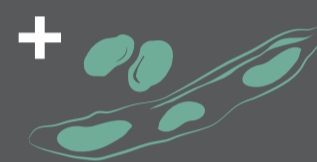
A study showed that overweight people who followed a low-fat, vegetarian diet



in the 1st year of their diet.

TIP

Avoid processed foods and add more plant-based, whole foods to your diet to decrease consumption of bad fats.



REMEMBER



Removing meat from your diet doesn't necessarily mean cutting calories. Vegetarians can watch their calorie intake by focusing on whole, unprocessed food.

GET YOUR PROTEIN

HERE ARE SOME VEGETARIAN-FRIENDLY SOURCES OF PROTEIN for both full and part-time vegetarians.

HOW MUCH DO YOU NEED?



WOMEN

46 grams of protein

MEN

56 grams of protein



MEATLESS SOURCES

BEANS & LEGUMES

Chickpeas
17 grams / cup

Lentils
17 grams / cup

Kidney Beans
15 grams / cup

COOKED VEGGIES

Collard Greens
5 grams / cup

Spinach
5 grams / cup

Mushrooms
4 grams / cup

NUTS & SEEDS

Almonds
6 grams / oz

Pistachios
6 grams / oz

Chia Seeds
4 grams / oz

SOY

Tempeh
21 grams / 4 oz

Edamame
12 grams / cup

Tofu
9 grams / 4 oz

COOKED WHOLE GRAINS

Quinoa
8 grams / cup

Rolls Oats
6 grams / cup

Brown Rice
5 grams / cup

DAIRY & EGGS

Nonfat Greek Yogurt
17 grams / 6 oz

Eggs
6 grams / egg

Nonfat Milk
8 grams / cup

HOW DOES MEAT STACK UP?

Compare the above to meat sources of protein

Turkey/Chicken Breast
30 grams / 100 gram serving

Pork Loin
25 grams / 100 gram serving

Beef
36 grams / 100 gram serving

Fish
22 grams / 100 gram serving

GOOD SOURCE OF:

CALCIUM



BOK CHOY

IRON



SPINACH

ZINC



CHICKPEAS

VITAMIN B12



YOGURT

SOURCES