MyPlate: Vegetarian

Healthy Eating Tips

- Make **half** your plate fruits and vegetables
- Eating a wide variety of vegetables and dairy products will provide protein, calcium and other important nutrients
- **Half** of all grains should be whole grains
- Low fat dairy products are important for healthy bones and teeth
- Choose protein rich soy, dry beans and peas, legumes, nuts and seeds

1. Fruits include:
   - Apples, bananas, cherries, grapes, juices, mangos, melons, oranges, peaches, pears, pineapple, plums, prunes, raisins

2. Grains include:
   - Wheat (bread, pasta, dry cereal), rice, oatmeal, corn

3. Proteins include:
   - Tofu, soybeans, dried beans and peas, lentils, legumes, nuts, seeds, sometimes eggs

4. Vegetables include:
   - Beans, broccoli, cabbage, cauliflower, cucumbers, eggplant, mushrooms, onions, peas, peppers, spinach and other greens, tomatoes

5. Dairy includes:
   - Milk, yogurt, cheese
VEGETARIAN SLOPPY JOS

• 1 tablespoon olive oil
• 1 medium onion, diced
• 1 green bell pepper, diced
• 1 package (12 ounces) frozen vegetarian meat crumbles
• 2 teaspoons chili powder
• ½ teaspoon garlic powder
• ½ cups water
• ¾ cups ketchup
• 1 tablespoon low sodium soy sauce
• Salt and pepper to taste

1. In a medium saucepan, saute pepper and onion in oil until onion is translucent.
2. Add frozen vegetarian meat crumbles; heat through.
3. Stir in chili powder and garlic powder.
4. Add water, ketchup, and soy sauce; stir well.
5. Cover and bring mixture to a boil.
6. Reduce heat and simmer for about 20 minutes, covered.
7. Remove lid and simmer for 5 minutes more, stirring frequently until most of liquid has evaporated.
8. Season with salt and pepper to taste.
9. Serve hot on toasted whole wheat sandwich buns, with onion slices.

Makes 6 servings

NUTRIENTS AND THEIR PLANT SOURCES

The following are nutrients which are hard to obtain when meat, dairy foods or eggs are excluded from the diet. Knowing their plant sources may help vegetarians to plan a healthy, complete diet.

• Calcium: Turnip and collard greens, kale, and broccoli. Calcium-enriched foods such as orange juice, soy milk, and tofu.
• Iodine: ¼ teaspoon iodized salt per day
• Iron: Dried beans and peas, lentils, enriched cereals, dark leafy green vegetables. Iron isn’t easily absorbed from plant sources, so vegetarians need more. Pair iron-rich plant foods with sources of vitamin C to aid absorption.
• Omega-3 fatty acids: Canola oil, soy oil, walnuts, ground flaxseed, soybeans, fortified products
• Protein, Zinc: Soybeans, tofu, meat substitutes, legumes, lentils, dried beans and peas, nuts, seeds, whole grains
• Vitamin B-12: Vitamin-enriched cereals, fortified soy products, vitamin supplements
• Vitamin D: Fortified soy and rice milk, fortified cereals and margarines

Resources: