20 Vegetarian Diet

Patient name: _____ **Admission:** _____

DATE	NRS INITIAL

I. The client/caregiver can define the types of vegetarian diets.

A. Ovolactovegetarian does not permit meat, fish, or poultry. They do eat dairy products and eggs.
B. Lactovegetarian does not permit meat, fish, poultry, or eggs. They do eat dairy products.
C. Ovovegetarian does not permit meat, fish, poultry, or dairy products. They do eat eggs.
D. Vegan does not permit meat, fish, poultry, dairy products, or eggs.

II. The client/caregiver can list measures to meet daily protein requirements when on a vegetarian diet.

A. Eat variety of foods from all food groups.
B. Use complementary plant proteins together to provide essential amino acids.
C. Consume enough calories to maintain your lifestyle and body's needs.
D. Use low-fat or nonfat products.
E. Use moderation in eating nuts and seeds to maintain a low-fat diet.
F. Use whole grains for fiber and iron content.
G. Include vitamin C at every meal to help with iron absorption.
H. Use vitamin supplements under physician's direction.

III. The client/caregiver can list plant sources of protein.

A. Plant sources of protein are
- Bread, cereal, rice, pasta, oatmeal, and whole grain breads
- Dark green and deep yellow vegetables (such as green beans and peas)
- Soybeans, navy beans, kidney beans, black-eyed peas, and baby lima beans
- Soybean sprouts and mung bean sprouts
- Peanut butter, cashew nuts, English walnuts, almonds, and sesame seeds

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B. Legumes are plants that have roots containing nitrogen-fixing bacteria to increase the nitrogen content. They are an excellent source of plant protein for the vegetarian. Examples of legumes are peas, beans, lentils, and peanuts.

IV. The client/caregiver can list the pros and cons of a vegetarian diet.

A. A vegetarian diet is healthy in that it is usually low in fat and cholesterol and high in fiber.
B. Special attention is needed to avoid deficiencies of calcium, vitamin B12, iron, and zinc. Vegetarian sources are
1. Calcium—low-fat dairy foods, spinach, turnips, collard greens, kale, broccoli, tofu, and soy milk
2. Vitamin B12—enriched cereals, fortified soy products, or supplements.
3. Iron—dried beans and peas, lentils, enriched cereals, and whole-grain products. Mix them with foods high in vitamin C, such as strawberries, citrus fruits, tomatoes, cabbage, or broccoli to aid in the absorption of iron.
4. Zinc—whole grains, soy products, nuts, and wheat germ.

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