

# Vegetarian Pyramid



## Pyramid Guidelines

- Fats, Oils, Sweets: Use sparingly
- Milk, Yogurt, Cheese: 2-3 servings daily  
Note:  
Vegan/non-dairy food sources rich in calcium include: poppy seeds, sesame seeds, tofu, fortified soy milk, almonds, soy beans, figs, haricot beans, spinach, brazil nuts, chickpeas, kale, broccoli, spring greens, white cabbage, plus rice or oat drinks fortified with calcium.
- Beans, Nuts, Seeds, Eggs, Meat Substitutes: 2-3 servings daily
- Vegetables: 3-5 servings daily
- Fruits: 2-4 servings daily
- Bread, Rice, Cereal, Pasta: 6-11 servings daily

\*A vegetarian or vegan version of the current My Pyramid has not yet been released by the USDA.

If you have any questions or comments please contact:

Peggy Policastro, MS, RD  
Nutrition Specialist  
225 Davidson Hall  
Cook College  
732 932 5447  
peggyp@rci.rutgers.edu

# R DINING

### References

Duyff, L. *American Dietetic Association Complete Food and Nutrition Guide 2<sup>nd</sup> Edition*. John Wiley and Sons, Inc: New Jersey, 2002.

<http://www.vegetarian-diet.info/vegetarian-food-pyramid.htm>

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# VEGETARIAN?



## Menu Options for Vegetarians and Vegans

Linguini topped with marinara sauce and grated parmesan cheese. Bulgur stuffed peppers. Vegetable soup. Mesculan salad with vegetables. Asparagus risotto. Vegetable lo mein. Bean quesadilla. Sub sandwich with sliced provolone and American cheese topped with bean sprouts. Today's cookbooks, magazines, restaurants, and **Rutgers University Dining Service** establishments are full of vegetarian and vegan dishes created with nutritious, flavorful food combinations. These dishes add food variety, flavor experiences, and interest whether you choose a vegetarian/vegan eating style or not.



### Being Vegetarian

What does it mean to be a vegetarian? For some, it's a diet to follow, for others, it's a whole lifestyle. Vegetarians/vegans and non vegetarians may enjoy the food variety and flavors in plant-based dishes as a regular way of eating or as an occasional switch from their everyday fare.

### Nutritionally Speaking

Can you supply your body with enough nutrients eating vegetarian? Yes, as long as you choose foods carefully to consume a variety of carbohydrate, protein, and fat sources and adequate, yet not too many, calories.

For vegans, nutritional adequacy becomes more of a challenge. Nutrients that may come up short are vitamin B12, vitamin D, calcium, iron, and zinc. With proper food choices, however, a vegan diet can provide adequate nutrition for good health.

### What Type of Vegetarian Are You?

In the broadest definition, following a vegetarian diet means avoiding foods from animal sources. Plant food sources (vegetables, nuts, grains, legumes, and fruits) become the basis of your diet. As a matter of choice, many vegetarians choose to include various animal products such as eggs, milk, or fish.

If you are a vegetarian, you may describe yourself in one of these ways:

- **Ovo-Lacto Vegetarian:** avoids meats, fish, and poultry, will eat eggs and dairy products. Most common type of vegetarian.
- **Lacto Vegetarian:** avoids meat, fish, poultry and eggs, will consume dairy.
- **Vegan:** avoids meat, fish, poultry, eggs, and dairy products. Vegans may avoid foods with animal products as ingredients. Some avoid honey.
- **Semi vegetarian:** someone who usually follows a vegetarian diet but occasionally eats meat, fish, or poultry.

### Have you Wondered???

*Are all vegetarian foods low fat?*

No. Foods labeled vegetarian may or may not be low fat. Vegetarian foods that contain cheese, refried beans, and textured soy protein can be high in fat. Vegetarian foods from unprocessed plant based items tend to be lower in fat. Check out the dining website <http://food.rutgers.edu> for nutrition facts on your favorite vegetarian offerings.



*Do you need a nutrition supplement if you follow a vegetarian or vegan diet?*

You may or may not, depending on how carefully you choose foods. Lacto-ovo vegetarians can usually eat an adequate diet by choosing a variety of foods. Vegans may need extra calcium, iron, zinc, vitamins B12 and D.

*Does Dining Services offer nutritional guidance for my food selections?*

Yes. Dining Services employs a full time Nutritionist to address any of your nutrition concerns. For questions or suggestions, she can be contacted through [emeal@rci.rutgers.edu](mailto:emeal@rci.rutgers.edu) or through the dining website.

### Vegetarian and Vegan Options Offered Daily

**Vegetarian/Vegan Entrées:** at least one vegan and vegetarian entrée is offered at each meal. A sample of selections include: vegan chili, vegetable caseroles, vegan grilled cheese, manicotti, vegan sausage links, vegetable lo mein, eggplant rollatini, falafel, samosa, pasta with vegetarian sauces, vegetarian stuffed cabbage, vegetarian pot pie, vegan taco meat, vegan cutlets, potato pierogies, vegan hot dogs.

**Salad bar:** each of the five dining halls offers an extensive salad bar filled with traditional salad fixings such as tomatoes, carrots, broccoli, a variety of lettuce, peppers, various beans and peas, tofu, hummus, shredded cheese, eggs, and more.



**Vegetarian/Vegan Soups:** a vegan or vegetarian soup is offered daily. Varieties include: vegan white bean, vegan carrot and fennel, orzo with vegetables, navy bean, lentil barley, tomato corn cilantro, and green chili and tomato.

**Take-Out:** even our popular take-out menu includes vegetarian and vegan options. Students might find vegetarian cheese subs, vegan meatball subs, vegan fingers, veggie burgers, and a variety of pasta dishes among the choices.

**Desserts, Beverages, and Condiments-** offerings include: tofutti frozen dessert, vegan fruit pies, fresh fruit, soy milk, and vegan margarine.

Rutgers University Dining Services is continually expanding our cycle menu with new and improved vegetarian and vegan food products. If you have any suggestions or questions, feel free to share your ideas through [emeal@rci.rutgers.edu](mailto:emeal@rci.rutgers.edu), the napkin board, or talking to any dining hall manager.