

Download Total Vegetarian Diet The Only Foods Needed For Healthy Vegetarians

People may adopt a vegetarian diet for various reasons, and several variations of vegetarianism exist. This article provides a beginner's guide to the vegetarian diet, including a sample meal plan. You'll see that having a healthy vegetarian and vegan diet is not that complicated, you just have to know the tricks ? Let's dig right into it! Start below with all the info to keep a healthy vegetarian or vegan diet, plus the 5 nutrients you NEED to monitor and balance in your meals to avoid those 5 most common deficiencies. Planning a healthy vegetarian diet. To get the most out of a vegetarian diet, choose a variety of healthy plant-based foods, such as whole fruits and vegetables, legumes and nuts, and whole grains. At the same time, cut back on less healthy choices, such as sugar-sweetened beverages, fruit juices and refined grains. These are the different vegetarian categories, in order of strictest to most liberal: Vegans avoid dairy, eggs, seafood, poultry, meat, and other animal products, including honey in most cases. Lacto vegetarians eat dairy but avoid eggs, seafood, poultry and meat. Lacto-ovo vegetarians eat dairy and eggs but avoid seafood, poultry and meat.