Vegetarian Diets

TYPES OF VEGETARIAN DIETS

- Strict Vegetarians (Vegans).

These are vegetarians who consume only plant food. No animal foods of any kind are eaten. (Anyone following such a diet will usually need to select fortified foods or take a vitamin B12 supplement.)

- Lacto Vegetarians.

These are vegetarians who eat dairy products (milk, cheese, and yogurt) in addition to plant foods. They do not eat meat, poultry, fish, or eggs.

- Lacto-ovo Vegetarians.

Those who use plant foods, eggs, and dairy products, but do not eat meat, fish, or poultry.

COMPLEMENTARY PROTEINS

Meals may be planned to provide complete proteins. Amino acids are the building blocks of protein. There are 9 amino acids that cannot be made by the body and therefore must come from food. These are called essential amino acids. Most plant proteins are considered incomplete (they lack or are low in certain essential amino acids). Two or more incomplete proteins, however, can be combined in a meal so that the essential amino acid missing in one is supplied by the other. This is called complementing proteins.

The following chart shows how to combine vegetable proteins to make them complete.

- Combine rice with:
  - Legumes*
  - Soybeans and peanuts.
  - Soybeans and sesame seeds.
  - Rice and soybeans.
- Combine wheat with:
  - Legumes*.
  - Soybeans and peanuts.
  - Soybeans and sesame seeds.
  - Rice and soybeans.
- Combine legumes* with:
  - Corn.
  - Rice.
  - Wheat.
  - Sesame seeds.
  - Barley.
  - Oats.

*Legumes are plants that have edible seeds within a pod; they include peas, beans, lentils, and peanuts.

Animal proteins such as eggs, milk, and cheese are complete proteins.

ADVANTAGES OF VEGETARIAN DIETS FOR INDIVIDUALS WITH DIABETES

- Maintenance of normal blood glucose levels
- Vegetarian diets contain larger amounts of grain products and legumes than non-vegetarian diets.
- These high-fiber, complex carbohydrates may be absorbed at a slower rate than refined carbohydrates and this may help control blood glucose levels.

SATIETY VALUE (FEELING FULL)

Many foods in the vegetarian diet (nuts, legumes, seeds, whole grains, and fresh fruits and vegetables) contain large amounts of fiber, which give a feeling of fullness after meals.

POSSIBLE DECREASE IN INTAKE OF CHOLESTEROL AND SATURATED FAT

Vegetarian diets are usually low in cholesterol and saturated fat due to the high amount of grains, fruits, and vegetables and the elimination of meats.

VEGETARIAN DIETS IN DIABETES - SELECTED EXCHANGES

- Each of the following is a good source of protein.

- Each portion size contains approximately 7-8 grams of protein.
- Talk to your Registered Dietitian about your individual protein needs.

VEGETARIAN DIETS IN DIABETES - SELECTED EXCHANGES

Food

- Beans & Peas, Dried & cooked
  - Black beans, 1 cup.
  - Black-eyed peas, 1 cup.
  - Calico, 1 cup.
  - Garbanzo, chickpeas, 2/3 cup.
  - Kidney, 1 cup.
  - Lentils, 1 cup.
  - Lima, 1 cup.
  - Mung, 2 cups.
  - Navy, 2/3 cup.
  - Pinto, 2/3 cup.
  - Split-peas, 2/3 cup.
  - Split pea soup, 1 cup.

- Meat Substitutes.
  - Bacon substitute, 2 tbsp
  - Hummus, ¼ cup
  - Soybeans, 1/3 cup
  - Textured vegetable protein, 3/4 oz.
  - Tofu, 2-1/2" x 2-3/48 x 1" cube (4 oz. or 1/2 cup)

- Nuts & Seeds.
  - Almonds, dry-roasted, 1/4 cup (1 oz.)
  - Brazil nuts, 1/4 cup (1 oz.)
  - Butternuts, 1/4 cup (1 oz.)
  - Peanuts, roasted, 1/4 cup (1 oz.)
  - Pecans, 1/4 cup (1 oz.)
  - Pignolias, pine nuts, 2 tbsp.
  - Pistachios, 60 nuts (1 oz.)
  - Pumpkin or squash seeds, 1/4 cup.
  - Sunflower seeds (no hull), 1/4 cup.
  - Sunflower seeds (with hulls), 1/2 cup.
  - Walnuts, 1/4 cup (1 oz.).

- Milk/Milk Substitutes.
  - Soy milk, fortified, 1 cup.
  - Goats Milk, 1 cup.
  - Kefir, 1 cup.

SAMPLE MEAL PLAN - 2000 CALORIES

- Carbohydrate: 276 grams (55% of total calories).
- Protein: 95 grams (19% of total calories).
- Fat: 60 grams (26% of total calories).

- Breakfast.
  - 1 cup skim milk (8g*).
  - 1/2 cup orange juice.
  - 1 slice whole wheat toast (3g).
  - 3/4 cup corn flakes (3g).
  - 2 tsp. margarine.

- Morning Snack.
  - 1 Apple or 6 whole wheat crackers (3g).

- Noon Meal.
  - 1 cup skim milk (8g*).
  - 1/4 cup cottage cheese (8g).
  - 1 medium orange.
  - 1 pita bread filled with1/2 cup garbanzo spread, chopped tomatoes, onions, and lettuce (15g).
  - 1 tsp. Tahini sauce.
- Afternoon Snack.
  - 1/2 Banana.
  - 4 Ry-Krisp® crackers (3g).
- Evening Meal.
  - Green salad with bean sprouts (4g*).
  - 1/3 cup pineapple with juice.
  - 1/2 cup spaghetti (3g).
  - 1 cup lentil spaghetti sauce (3g).
  - 1 tbsp. French dressing.
- Evening Snack.
  - 1 cup skim milk (8g).
  - 1/4 cup peanuts (7g).
  - 3 cups popcorn (lightly salted, no butter) (3g).

* Grams of protein.

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