



THE DO'S AND DONT'S OF THE VEGETARIAN DIET

WEIGHT LOSS TIPS FOR VEGETARIANS

M I N D Y C O H E N

The Do's And Don'ts Of The Vegetarian Diet

Weight Loss Tips For Vegetarians

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TABLE OF CONTENTS

[Publishers Notes](#)

[Dedication](#)

[Chapter 1- Why Do Persons Choose the Vegetarian Diet?](#)

[Chapter 2- The Benefits of the Vegetarian Diet](#)

[Chapter 3- The Types of Vegetarian Diets Outlined](#)

[Chapter 4- How to Determine What Type of Vegetarian Diet Suits You](#)

[Chapter 5- Mistakes to Avoid When on a Vegetarian Diet](#)

[Chapter 6- Great Vegetarian Breakfast Recipes](#)

[Chapter 7- Healthy Vegetarian Lunch and Dinner Recipes](#)

[About The Author](#)

PUBLISHERS NOTES

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DEDICATION

This book is dedicated to my mother Agatha and my husband Samuel. They kept me going when I thought I could do no more.

CHAPTER 1- WHY DO PERSONS CHOOSE THE VEGETARIAN DIET?

Giving up a certain food is a common element of many different diets, and the vegetarian diet is no exception. Vegetarians choose not to eat meat, although many still eat dairy products. Occasionally a dieter might try a "light" version of vegetarian eating by eating only fish as a source of meat. Eating as a vegetarian is often a stepping stone toward eating vegan, which is the complete removal of meat and dairy products from the diet.

Improving Health with a Vegetarian Diet

One of the primary reasons a person might switch to a vegetarian diet is for health reasons. The rate of obesity has been increasing dramatically in the United States and around the world for several years, and many nutritionists and doctors have suggested that only a radical change in the average person's eating habits would reverse this cycle of weight gain. Not only is a vegetarian diet touted as a healthier way to live, but some suggest that losing weight is possible by giving up meat.

Some vegetarian proponents suggest that such a lifestyle may not only inspire weight loss but that a vegetarian diet may also stop or reverse various diseases. The American Dietetic Association has suggested that there are a number of health benefits associated with vegetarian diets due to the different types of nutrients that are so prevalent with the removal of meat from the diet.

For example, vegetarians often enjoy a lower level of saturated fat and cholesterol intake because they don't eat animal products. In addition, the higher levels of vegetables and grains that invariably result from a healthy vegetarian meal plan usually make it easier to increase mineral intake for things like potassium, folate, and magnesium. Vitamins are also incredibly plentiful on a vegetarian diet and dieters will get more vitamin C and vitamin E, along with several antioxidants, with a meat-free diet.



Saving Animals with Vegetarianism

Many people switch to a vegetarian diet because they want to be able to save animals from slaughterhouses, and there are indeed many animals sacrificed for food in the United States each year. Statistics suggest that each year at least 10 billion animals in the United States are slaughtered for food. Unfortunately, many of the animals have long been fed antibiotics and hormones (even though there are laws against feeding animals hormones), which creates unhappy animals that don't produce healthy meat for human consumption.

Although there are some farms that practice a humane lifestyle for their food animals, these farms are few and far between, and the animals must still lose their lives to provide food for humans. In many large-scale animal farming operations, the animals have very little room to breathe or move due to extraordinarily crowded conditions. The animals are often mutilated to make them compliant for producing food. For example, chickens that lay eggs have their beaks removed to reduce aggression.

Vegetarians Help the Environment

Many processes engaged in by humans pollute the earth, but one of the incredible sources of pollution today is the raising of so many animals for human consumption. Those incredibly crowded conditions and over-production of animals result in an incredible level of excrement in the environment. Unfortunately, there aren't many laws regarding the proper disposal of this waste, and so it often ends up in the water supply.

In addition to incredible levels of waste entering the environment, the amount of the planet's resources that are necessary to produce meat products far outweighs how much energy is required to grow plants and grains. Incredibly, most of the grains and water in the United States don't head toward human dinner tables, but end up in the bodies of farm animals meant for food.

Engaging in a vegetarian diet is an important way to reduce the use of the planet's

resources and ensure that the mass-production of farm animals like chicken, cows, and pigs doesn't continue to drain the land unnecessarily of its nutrients and resources. A vegetarian diet represents a highly sustainable way to eat and is less destructive on the environment.

Misconceptions about Vegetarian Diets

One of the common concerns by people who have not yet switched to a vegetarian diet is that all of the necessary proteins available in animal sources wouldn't be available by giving up meat. However, there are several types of protein available from plant sources and grain sources that offer as much protein as the body needs each day. In fact, some vegetarian adherents suggest that the average omnivorous human actually eats too much protein each day.

In addition, people often suggest that there are essential vitamins like B-12 and vitamin D that aren't available from plant sources. In fact, a vegetarian can get B-12 from soy milk or may consider a B-12 supplement as a source of this vitamin. Also, vitamin D isn't just available in milk. Spending a half hour in the sun each day not only offers mood-enhancing benefits, but also delivers a nice dose of vitamin D, naturally.

Fans of the vegetarian diet are quick to point out also that such a lifestyle isn't an automatic ticket to a lower number on the scale. A vegetarian (surprisingly) can indeed be overweight due to eating too many calories each day. If the purpose of trying a vegetarian diet is to lose weight, eating an appropriate number of calories each day is still essential for making the number on the scale go down.

CHAPTER 2- THE BENEFITS OF THE VEGETARIAN DIET

Switching from a regular diet to a vegetarian diet is a great way to experience better health. Vegetarian diets consist of consuming a lot more fiber, unsaturated fat, folic acid, magnesium, vitamins C and E and several other phytochemicals. The result is that the vegetarian will have lower blood pressure, be thinner, and have lower cholesterol and a lower risk of heart disease. There are several other benefits of switching to a vegetarian lifestyle of eating.

Being a vegetarian can improve a person's mood. Researchers at Benedictine University have shown that there is a link between mood disturbances and arachidonic. Arachidonic comes from animal sources, and vegetarian diets are extremely low in arachidonic acid. The research results showed that restricting animal products such as fish, meat and poultry improved moods significantly.

Being a vegetarian may improve the symptoms associated with psoriasis. Psoriasis is a skin disease causing irritation and redness of the skin and is debilitating for people suffering with it. Research conducted by the Universidade Federal de Pernambuco in Brazil showed that eating a vegan diet improves the symptoms of psoriasis significantly.

Eating a vegan diet can reduce the risk of developing cataracts. Research released from the Nuffield Department of Clinical Medicine shows a relationship of meat eaters having a higher risk of developing cataracts and vegetarians having a lower risk.



A study by the Loma Linda University of Public Health indicates that the incidence of diabetes is reduced when eating a vegan diet. Vegan diets offer many benefits to help manage diabetes and will lower the likelihood of developing diabetes by 50 percent.

A vegan diet can help reduce the risks associated with heart disease. Research at the JCU University Skin Research Clinic shows a correlation between the vegan diet and a decrease in risk for cardiovascular problems. This is because most vegan diets are high

in foods containing plenty of antioxidants. These molecules help lower the damages caused by oxidative stress.

Most people who eat a vegan diet have lower cholesterol. There really is no healthy benefit at all for eating animal fat. When you take animal fat from your diet, you also take away the harmful effects it has on your body. Korean researchers found that after examining the long-term effects of the vegan diet, levels of cholesterol and body fat was lower in the vegetarians than in the people who ate meat regularly.

There is always an exception to the rule, but when eating a vegetarian diet, people are more deliberate in their choices of food and are less likely to fall into emotional eating or binge eating – two of the habits that often add to obesity. The University Hospital Ghent Department of Pediatrics in Belgium advises that following a vegan way of eating is a great way to reduce the risk of becoming obese or having a stroke.

Those eating a vegan diet have less chance of developing kidney stones. The New York University Langone Medical Center indicated that eating more vegetables and eliminating protein from animals will produce a higher urine pH. Low levels of pH in urine are often associated with kidney stone formation.

Some people have the misconception that vegetarians are always hungry or that they are nutritionally deficient. This is not true. The American Dietetic Association has given their opinion that a well-designed vegan diet can be very nutritious and appropriate for people of all ages and stages in their lives. This includes the elderly, athletes and infants. Having better health, a reduced risk of disease and corrected health problems are all connected with following a vegan diet.

Another benefit of eating a vegan diet is that those who eat this way are statistically healthier and thinner than those who do not eat this way. Vegans weigh on the average about 20 pounds less than those who eat meat. The U.S. Worldwatch Institute reports that 1.1 billion people in the world are overweight and 1.1 billion are underweight. In the United States alone, 60 percent of Americans are overweight and 23 percent are considered obese. Obesity fills the poor countries in the world as well. The vegetarian population in the world today is quickly beginning to follow a non-vegetarian population.

Children specifically benefit from not eating meat. Several studies have reported that children who eat a vegetarian diet have better teeth and fewer diseases than the non-vegan children. The vegan children are less apt to have high cholesterol, heart disease, diabetes or become obese.

A vegetarian diet that is well-balanced should include the following:

- Grains and cereals – Brown rice, whole wheat pasta, whole grain bread and muesli.
- Legumes, nuts and seeds – Almonds, sesame seeds, soya beans, split peas, kidney beans and lentils.

- Fruit and vegetables – All the fruits and vegetables you want are included on this diet. Try some new vegetables and fruits and let them be a part of your daily diet.
- Dairy and soya products – Look for products that are reduced calorie or fat-free for yogurt, milk and cheese.

A good vegetarian diet is beneficial for one's health because it mimics the expert's daily recommendations for good, healthy eating. The vegan diet is high in fiber, low in saturated fat, high in fresh fruit and vegetables and complex carbohydrates. If you choose to follow a vegan diet, make sure you eat a good variety of foods to get the proper nutrients necessary.

Grocery stores and restaurants are adding a variety of healthy vegetarian options to their menu. Most are significantly lower in calories and fat than other menu items.

CHAPTER 3- THE TYPES OF VEGETARIAN DIETS OUTLINED

Are you considering dumping meat in favor of eating nothing but fruits and vegetables? Vegetarianism is one of the most popular dieting trends of our times. Celebrities, politicians, religious figures and other well-known individuals across the world have embraced some variation of vegetarian diet. If you are seriously thinking about becoming a vegetarian, here is a comprehensive overview of different forms of vegetarianism.

Ovo-vegetarianism

Ovo-vegetarianism allows people to eat eggs; however, they do not consume any form of dairy. Ovo-vegetarians or "veggetarians" typically only eat free range, organic eggs that are produced by hens that are not caged. Ovo-vegetarians will abstain from eating eggs that are fertilized.

Lacto-Vegetarianism

Lacto-vegetarianism, also commonly referred to as "lactarianism", is a form of vegetarianism in which individuals consume copious amounts of dairy products such as ghee, creams, kefir, butters, yogurt, milk and cheese. Lacto-vegetarianism is very popular in Mediterranean and Indian cultures. A lot of followers of eastern religious and cultural traditions such as Sikhism, Hinduism and Buddhism follow some variation lacto-vegetarianism.



Ovo-Lacto Vegetarianism

Ovo-lacto vegetarians do not eat any form of animal flesh but will enjoy eating foods such as butters, yogurts, creams, eggs, honey and milk. Ovo-lacto vegetarianism is typically the most common form of vegetarianism practiced in America and Europe. Most Seventh Day Adventists are considered ovo-lacto vegetarians since they derive their dietary prescriptions from biblical scriptures.

Veganism

Veganism is perhaps the most popular variant of vegetarianism. Vegans abstain from eating all forms of animal flesh and even abstain from using products that might contain animal ingredients. Vegans, also known as "strict vegetarians" and "ethical vegans", go as far as to not use products like leather, hair wigs that use ingredients derived from animals, glues, soaps and other commodities that might use animal ingredients. Veganism is starting to become very popular with a plethora of restaurants, shopping stores and other outlets catering to this strict form of vegetarianism.

Raw Veganism

Raw Veganism, a variant of veganism, is a diet in which individuals only eat raw foods such as uncooked fruits, vegetables, nuts, seeds, sprouts, grains, legumes, herbs, plant-derived oils, and juices. A vegan diet that is at least 75 to 80 percent raw falls under the bracket of "raw veganism". Many raw vegans believe that cooking fruits and vegetables at very high temperatures compromises their nutritional quality.

Fruitarianism

Fruitarianism is a variant of vegetarianism in which individuals eat copious amounts of fruits, plants, seeds, nuts and legumes that can be picked without harming the original plant. Many people who consider themselves fruitarians do this in their belief that one should not have to kill plant life for dietary reasons. Late Founder and CEO of Apple, Inc., Steve Jobs, was a fruitarian.

Yogic Vegetarianism

Yogic Vegetarianism, also known as the "Sattvic Diet" is a form of vegetarianism in which individuals eat foods such as grains, vegetables, fruits, nuts, legumes, unpasteurized forms of milk, natural butter, ghee, yogurt and honey. Yogic vegetarians abstain from eating heavy amounts of spices. They also avoid eating leftovers.

Jain Vegetarianism

Jain Vegetarianism is practiced mainly by religious devotees known as Jains who espouse that all forms of animal flesh should be avoided, including eggs. However, Jain vegetarians eat dairy products. Additionally, Jain vegetarians exclude potatoes and root vegetables such as onion and garlic. These foods are considered to have "dark qualities" such as being putrid, smelly and cause lethargy.

Macrobiotic Dieting

Macrobiotic dieting is a variation of vegetarianism that places a heavy emphasis on food quality, particularly whole grains. People on a macrobiotic diet still eating copious amounts of fruits, vegetables, grains, nuts and seeds. They eat a wide variety of grains such as barley, brown rice, quinoa, oats, millet, spelt and rye. Macrobiotic diet advocates espouse that this form of vegetarianism reduces inflammation in the body and can increase longevity.

Semi-Vegetarianism

Many people may not necessarily give up entirely on meat. These individuals still might consume animals such as fish and chicken. Those who exclusively eat fish and other forms of seafood are known as "pescetarians". Those who eat just chicken and other forms of poultry are known as "pollotarians". Those who eat both fish and chicken are known as "pollo-pescetarian". Those who are vegetarians and vegans consider semi-vegetarianism a form of a omnivore diet believe it is not real vegetarianism. These variations are not endorsed by the Vegetarian Society.

As you can see, there are multiple variations of vegetarianism. There are many cultural, religious and health factors that might influence an individual's choice of which form of vegetarianism they will adopt. Nonetheless, if you are considering adopting a vegetarian diet, it is recommended to speak with highly experienced nutritionist and medical doctor to see if any health limitations may prevent you from excluding meat totally from your diet.

It is important to keep in mind that regardless of what you do, you still need to get in an adequate amount of vitamins, minerals and other nutrients that are necessary to maintain optimal well-being. Many new vegetarians make the mistake of not doing their due diligence and end up experiencing vitamin and mineral deficiencies that can compromise their health both in the short and long run. Regardless of what you decide to do, you still need to get in an adequate amount of protein, carbohydrates and fat in order to main optimal health.

CHAPTER 4- HOW TO DETERMINE WHAT TYPE OF VEGETARIAN DIET SUITS YOU

Vegetarianism is becoming increasingly popular as more people begin to realize the benefits of eliminating meats from their diet. When considering making the switch to a vegetarian lifestyle, it may be reassuring to know that doing so does not necessarily mean that you must eliminate all sources of protein from your diet. In fact, many vegetarian diets incorporate some meat products into the meal plan while still allowing you to receive the benefits of eating healthier. The following overview will provide you with a guide to the different vegetarian diets that are available along with a few key factors to consider when selecting the diet that will work best for your lifestyle.



Complete Vegetarianism

This type of vegetarian diet is the one that most people think of when considering vegetarianism. Those who follow this plan eliminate all meat products from their diet. This includes beef, pork, poultry and fish. Those who strictly follow this diet will also avoid eggs, milk and any foods made from animal by-products. Although this vegetarian diet is the best way to avoid eating meats at all, it can be challenging for some people to follow. This diet plan will require you to carefully check all processed food labels and inquire about the use of meat products in dishes at restaurants to ensure that meat is abstained from completely.

Vegans

Similar to complete vegetarians, vegans avoid all meats and animal by-products in their diets. However, they take their commitment to a meat-free lifestyle to another level by also avoiding any other types of animal products. This includes avoiding clothing made from animal fur and skin as well as making sure that their cosmetics and other household products do not contain animal by-products. For those who follow this diet plan, the humane treatment of animals is a primary concern.

Ovo-Lacto Vegetarians

Many people who decide to follow a vegetarian diet choose to include some egg and

dairy products in their diet. Those who include eggs in their diet are referred to as “ovo” vegetarians, while those who enjoy dairy are referred to as “lacto” vegetarians. Whether you choose one or both will depend upon your dietary needs. For some people, including eggs and dairy in their diet is essential for their nutritional needs. Others simply find it more convenient to include these products in their diet. For those new to vegetarian diet plans, this can be a simple way to easily transition vegetarianism into their lifestyle.

Pesco Vegetarians

In addition to vegetarians that eat eggs and dairy, some people include seafood in their diet yet abstain from red meats. If a person does not eat eggs and dairy and only eats fish in addition to fruits and vegetables, then they are a strict pesco vegetarian. Under this vegetarian diet, freshwater and saltwater fish are allowed as well as other types of seafood such as lobster, crab and oysters. This diet is rich in omega fatty acids and is an excellent way for a person to improve their cardiovascular health while still getting the appropriate amounts of protein in their diet.

Pollo Vegetarians

For those who would like to enjoy a vegetarian diet yet would still like to occasionally enjoy poultry, a pollo vegetarian diet plan may be the perfect fit. Although some people do not classify those who eat poultry in the vegetarian diet category, this plan is quickly becoming more popular and recognized as a viable way to eliminate the harmful effects of red meat while still enjoying popular dishes. Under this plan, you can consume turkey, chicken and duck while avoiding all other forms of meat.

Selecting the Right Diet

After examining each diet plan, you will need to assess your lifestyle and current eating habits before making your decision. While some people strictly follow only one vegetarian diet, others find that blending two or more can provide a more balanced approach to eating. For example, those who decide to follow a pollo vegetarian plan may also decide to include ovo-lacto components in their meals. It is also important to note that no diet is set in stone. Once you begin a vegetarian diet plan, you may later decide to further reduce the types of meat you consume. In fact, many vegans began as ovo-lacto vegetarians and later found that eliminating more meat products from their diet led to increased health benefits over time.

Benefits of Vegetarian Diet Plans

Eating a vegetarian diet has been shown to offer many significant health benefits to those who stick with their plans. Lower cholesterol, increased energy and lower body weights are just a few of the most common benefits reported by those who switch to a vegetarian diet. Although some people worry about a lack of protein, the truth is that many plant-based foods are also full of protein, calcium and the essential vitamins and minerals a person needs to be healthy. Including beans, tofu and broccoli in your diet are a few simple ways to make sure you get these essential nutrients.

As you begin to follow your vegetarian diet plan, take the time to assess how well it fits into your lifestyle. Additionally, be sure to take note of any changes in your health and consider keeping a journal of the positive changes that you begin to see in your physical and mental well-being. Then, slowly eliminate more sources of meat until you have reached the diet plan that you find works the best for you and your lifestyle.

CHAPTER 5- MISTAKES TO AVOID WHEN ON A VEGETARIAN DIET

According to the Harris Interactive Service Bureau, along with the Vegetarian Times, 7.3 million Americans are vegetarians. More than half of those folks have been following a vegetarian diet for more than 10 years. Many of those people probably made mistakes when they first started on their vegetarian journey. If you are ready for success in your vegetarian diet, here are some common mistakes to avoid.



Not Planning Ahead

You've probably been there. Perhaps it's an upcoming job interview, a trip to the beach or a high school reunion. Suddenly, you are fed up with the way you look and decide to make a change.

Unfortunately, many folks make the mistake of not planning ahead. The very day we reach our breaking point is the day we begin our new diet. The problem with this approach is that without a plan in place we are setting ourselves up for failure.

Take the time to plan ahead before you launch your vegetarian diet. Do your research, because this will make it easier to succeed and can serve as motivation. Mark your starting date on your calendar and don't be afraid to make a big deal. You are about to change your life for the better, and that is something to talk about.

Not Doing It for Yourself

Dieting for any other reason than for you often leads to failure. Temporary success is hard to maintain when motivation is superficial. It's never a mistake to make a list of why you really want to change to a vegetarian diet; you don't have to show this list to anyone, so be as honest as possible.

Perhaps you are horrified by the way farm animals are treated. Or, you're worried because your family has a history of heart disease. Maybe you are afraid of your children facing weight issues all their lives. Whatever your reason, make it about YOU and your desires, not about anyone else's expectations. When you own your reason and make it about yourself, your chance of success will skyrocket.

Not Satisfying Your Hunger

Being a vegetarian doesn't mean being hungry. To prevent feelings of hunger you need to adjust your eating habits. Eat smaller meals more frequently. Prepare single serving meals in advance to make the whole process easier. This prevents you from grabbing something unhealthy on the way home, or picking up the phone to order pizza.

Prepare bowls of your favorite vegetables such as carrots, cauliflower, cut peppers and celery so you can grab them fast. Consider creating a patio garden to grow your own vegetables. Keep bananas and apples on hand. You can also snack on nuts, berries and soy beans. Pretzels, popcorn and peanuts in small amounts are also fine.

Don't forget to stay hydrated. Sometimes our bodies mistake thirst for hunger. If you can't stand plain water, try flavored or sparkling water. Experiment with different tea flavors to find the ones you enjoy, and remember that you don't have to give up coffee completely. Just avoid sugar and use non-dairy creamer.

It Is Not Just a Diet

The best way to view your new diet is not to consider it a diet at all. Instead, consider it a new lifestyle that offers benefits you might not recognize at first.

Living a more holistic lifestyle will have a positive impact on how you look and feel. A good vegetarian diet won't just remove those pesky layers of fat you've been struggling with for years; it will also help you be more in tune with your body and its needs. The positive feelings you derive from this will make you more likely to make better emotional decisions in your personal and professional life.

Not Talking To a Medical Professional

Going vegetarian will change your body. This can affect how your body responds to any medications you might be on. It's a good idea to make an appointment to talk to your doctor about your vegetarian diet.

You can also talk to your pharmacist and a dietician. Many folks who go on a vegetarian diet need to take a good multivitamin to prevent any vitamin deficiencies. Your doctor can talk to you about this and give you valuable advice.

It will also help to connect with other vegetarians. If you belong to a gym, ask around to see if anyone else has switched to a vegetarian diet. Talk to your friends and coworkers too. You can also join online forums to talk to others. There are two reasons you want to do this. One, experienced vegetarians will often have valuable advice to offer. Two, it's good to have people on your side who will understand any hurdles you face. Having a well-meaning team in your corner is a good idea whenever you make

healthy life changing decisions.

Giving Up

You might find yourself sailing along on your vegetarian diet for weeks or even months. Then, something major happens and you sink back to your old ways of eating. Ask anyone who has taken up a new workout regime or who has quit smoking. It happens and is to be expected. In fact, if it doesn't happen, consider yourself lucky.

No matter how many days you revert back to an unhealthy diet, there's always tomorrow. Remind yourself of this as often as possible, and decide to try again the next day and stick to your plan. Remember that every great journey begins with a first step.