

VEGETARIAN DIET INFORMATION



Lacto-Vegetarian Food Pyramid

A Daily Guide To Food Choices



Science of Spirituality is an international, nonprofit multi-denominational organization under the direction of Sant Rajinder Singh Ji Maharaj dedicated to love, unity, and peace.

WHAT LACTO-VEGETARIANS EAT

*Lacto-Vegetarians avoid meat, fish, fowl, and eggs
The following is a short list of what Lacto-Vegetarians eat*

GRAINS	VEGETABLES	FRUITS	MILK	BEANS & NUTS
Barley, Bulgur, Millet, Oats, Quinoa, Rice, Rye, Wheat	Artichokes, Asparagus, Avocados, Corn, Bamboo Shoots, Beets, Bell Peppers, Broccoli, Brussels Sprouts, Butternut Squash, Cabbage, Carrots, Cauliflower, Celery, Cucumbers, Eggplant, Garlic, Ginger, Green Leaf Lettuce, Onions, Leaks, Mushrooms, Okra, Olives, Peas, Potatoes, Pumpkin, Radishes, Sprouts, Spinach, Squash, Tomatoes, Turnips, Zucchini	Apricots, Bananas, Blackberries, Blueberries, Cantaloupe, Cherries, Cranberries, Dates, Figs, Grapefruit, Grapes, Kiwi, Lemons, Limes, Melons, Mangos, Nectarines, Oranges, Papaya, Peaches, Pears, Pineapple, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangerines, Watermelon	<u>Dairy</u> Milk, Yogurt, Sour Cream, Cottage Cheese, Rennetless & Microbial Cheese	<u>Beans</u> Adzuki, Black, Garbanzo, Great Northern, Kidney, Mung, Navy, Pinto, Soybeans, Black Eyed Peas, Lentils, Split Peas
<u>Breads</u> Multi Grain, French, Rye, Wheat, Biscuits, Dinner Rolls, English Muffins, Focaccia, Pita, Tortillas, Chapati			<u>Dairy Substitutes</u> Rice Milk, Soy Milk, Almond Milk, Soy Yogurt, Soy Cheese	<u>Nuts</u> Almonds, Brazil Nuts, Cashews, Chestnuts, Filberts, Peanuts, Peanut Butter, Pecans, Pistachio, Walnuts
<u>Grain Dishes</u> Cereal, Oatmeal, Grits, Polenta, Porridge, Pizza, Spanish Rice, Tabouleh, Couscous, Wild Rice, Pilaf, Miso Ramen, Mushroom Barley Soup, Pasta (<i>Lasagna, Manicotti, Ravioli, Spaghetti, Macaroni</i>)	<u>Vegetable Dishes</u> Baked Potatoes, Corn on the Cob, Stuffed Bell Peppers, Eggplant Casserole, Ratatouille, Vegetable Soups, Mashed Potatoes, Mushroom Gravy, Spinach Panir, Vegetables (<i>Roasted, Curried, Grilled, Mixed, Stir Fried, Sweet & Sour</i>) Vegetable Shish Kabob	<u>Snacks</u> Applesauce, Carrot Sticks, Crackers (<i>Brown Rice, Malzo, Saltines, Whole Wheat Thins</i>), Fruit Cocktail, Fruit Leather, Fruit Salad, Nuts, Pickles, Popcorn, Smoothies, Sunflower Seeds, Tortilla Chips	<u>Egg Substitutes</u> Scrambled Tofu, Tofu Eggless Quiche, Tofu Eggless Salad, Eggless Mayonnaise <u>For Baking</u> EnergG Egg Replacer, Baking Powder, Baking Soda, Yeast	<u>Bean Dishes</u> Baked Beans, Bean Burgers, Bean Casserole, Black Bean Dip, Dahl, Hummus, Lentil Sloppy Joes, Marinated Tofu, Refried Beans, Split Pea Soup, Tofu Sloppy Joes
			<u>Desserts</u> Candy Bars, Eggless Cakes/ Cookies/Ice Cream, Frozen Fruit Bars, Fruit Cobblers, Graham Crackers, Fruit Pies, Sorbets	<u>Meat Substitutes</u> Meatless Meatballs, Seitan, Soy Hot Dogs, Soy Pepperoni, Tofu, Veggie Burgers, Packaged Veggie BBQ, Veggie Deli Slices
			<u>Beverages</u> Water, Coffee, Cocoa, Tea (<i>Hot & Iced</i>), Fruit Juices, Tomato Juice, Soft Drinks, Sports Drinks, Lemonade	



WEEK OF SUGGESTED EASY MENUS

<i>Day of Week</i>	<i>Breakfast</i>	<i>Lunch</i>	<i>Supper</i>
Sunday	Fruit Cup Scrambled Tofu Veggie Tempeh Fakin Bacon Toast, Butter, Jam Tea or Coffee	Veggie Burgers Pickles, Lettuce, Tomato on Bun Beverage	Lettuce Wedges Grilled Portabello Mushrooms Mashed or Baked Potato Asparagus Fruit Pie
Monday	Whole Grain Cereal Milk or Soy Milk Sliced Banana, Berries Tea or Coffee	Hummus in Pita Sliced Tomato, Cucumber, Sprouts Chips Beverage	Salad Spaghetti w/Meatless Sauce and Meatless Meatballs Green Beans, Italian Bread Figs
Tuesday	Orange Slices Gimmie Lean Veggie Sausage Cottage Cheese Beverage	Black Bean Burrito Avocado Lettuce, Tomato Tortilla Chips Juice	Stir Fried Veggies With Tofu Over Rice Fruit Green Tea
Wednesday	Hot Oatmeal With Raisins, Walnuts, and Cinnamon Fruit Juice Tea or Coffee	Veggie Deli Slices on Whole Grain Bread Lettuce, Grapes Cookies Hot Chocolate	3 Bean Salad Macaroni and Cheese Broccoli Apple Sauce Beverage
Thursday	Vans Frozen Eggless Waffles Yogurt, Almonds Blueberries, Strawberries Maple Syrup Beverage	Vegetarian Lentil or Tomato Soup Grilled Cheese Sandwich Veggie Chips Water	Spinach Salad Polenta with Tomato Sauce Tofurky Italian Vegetarian Sausage Pears
Friday	Bagel Cream Cheese Nuts Apple or Pineapple Slices Beverage	Vegetarian Gardenburger Chick'n Pattie on Bun with Tomato, Onion, Pickle Beverage	Salad Seitan with Barbeque Sauce Couscous Kale or Swiss Chard Water
Saturday	Melon Eggless French Toast Syrup Tea or Coffee	Veggie Hot Dogs Relish, Mustard, Ketchup Vegetarian Baked Beans Carrot Sticks Beverage	Salad Veggie Pizza Ice Cream or Sorbet Soda

For more recipes: **VEGETARIAN CREATIONS COOKBOOK**
(a collection of International and familiar American recipes)

Price: \$17.00 - Order from **SK Publications:**

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Print Free Vegetarian Recipes and Menus

<http://www.sos.org/webpage/veg/Recipes.html>

<http://www.sos.org/webpage/veg/Menus.html>

NUTRITION INFORMATION

Food Group	One Serving Equals One Item	Nutrient Contributions	Food Choice Examples
Grains 3-6 servings daily	1 slice bread ½ cup hot cereal 1 cup dry cereal ¼ cup granola ½ cup rice or pasta 1 tortilla 1 chapati ½ bagel or English Muffin 3-4 crackers ½ muffin	Complex CHO Fiber Protein Vitamin B ₁ (Thiamine) Vitamin B ₂ (Riboflavin) Vitamin B ₆ & Niacin Iron Magnesium Calcium Trace Minerals	<u>Grains</u> : oats, brown rice, barley, millet, bulgar wheat, rye, corn, whole wheat, multi-grain, etc.
Vegetables 3-5 servings daily	1 cup raw, leafy vegetable salad ½ cup chopped raw vegetables ½ cup cooked vegetables ¾ cup vegetable juice	Fiber Potassium Beta-Carotene Folate Vitamin C Calcium Magnesium	<u>Vegetables</u> : broccoli, kale, cabbage, collards, spinach, pumpkin, carrots, winter squash, sweet potatoes, potatoes, parsnips, rutabagas, turnips, tomatoes, beets, eggplant, okra, summer squash, cauliflower
Fruits 3-5 servings daily	1 medium, whole fruit ½ cup canned fruit ¼ cup dried fruit 1 cup berries ¾ cup fruit juice	Vitamin C Beta-Carotene Fiber Potassium Folate Magnesium	<u>Fruits</u> : oranges, grapefruit, lemons, apricots, peaches, nectarines, plums, persimmons, apples, pears, kiwi, papaya, mango, pineapple, bananas, strawberries, raspberries, blueberries <u>Dried Fruits</u> : raisins, dates, pears, pineapple, prunes, peaches, figs
Milk 2-3 servings daily	1 cup milk, nonfat or lowfat 1 cup soymilk (fortified) ½ cup lowfat cottage cheese ½ cup soy cheese 1-½ oz. fresh cheese 1 cup lowfat or nonfat yogurt 1 Tbs (½ oz) cream cheese	Calcium Protein Vitamins A and D Riboflavin (B ₂) Vitamin B ₁₂	<u>Daily</u> : milk, yogurt, cottage cheese, ricotta, other fresh cheeses. <u>Fortified Alternatives</u> : soy or tofu milk, soy cheese
Beans, Nuts, and Meat Substitutes 3-4 servings daily	½ cup cooked beans/peas ½ cup tofu ¼ cup seeds ¼ cup (1 oz) nuts 2 Tbs (1 oz) nut butter ¼ cup meat alternative	Protein Zinc Iron Fiber Calcium Vitamin B ₆ Vitamin E Niacin (B ₃) Linoelic Acid	<u>Beans</u> : pinto, black, white, navy, soybeans, garbanzos, lentils, blackeye, green pea, split pea, peanuts <u>Nuts</u> : almonds, walnuts, filberts, chestnuts, brazil, pecans, cashews <u>Seeds</u> : pine nuts, sesame, sunflower, pumpkin <u>Meat Substitutes</u> : tofu, vegetarian burgers/deli slices
Vegetable Fats and Oils, Sweets, and Salt Eat sparingly	<ul style="list-style-type: none"> • Use visible fats sparingly • Limit desserts to two or three per week • Use honey, jams, jelly, corn syrups, molasses, sugar sparingly • Use soft drinks and candies very sparingly, if at all • Limit foods high in salt <p>1 tsp salt = 2000 mg sodium 1 Tbs oil = 13.6 gm fat, 120.0 calories</p>	<p>1 Tbs margarine - 11.4 gm fat 102 calories 0 mg, cholesterol 1 Tbs butter - 12.0 gm fat 108 calories 33 mg, cholesterol</p> <p>1 Tbs sour cream - 3.0 gm fat 30 calories 5 mg, cholesterol 1 Tbs cream cheese - 5.0 gm fat 52 calories 15 mg, cholesterol 1 Tbs cream - 15.0 gm fat 52 calories 21 mg, cholesterol 1 Tbs sugar - 12.0 gm 48 calories 1 tsp sugar - 4.0 gm 16 calories</p>	