Celebrate Vegetarian Awareness Month

October 2002

Let’s start with a quiz! What do Drew Barrymore, the B-52’s, Emilio Estevez, Jennie Garth, Paul McCartney, Jeff Ament, Fiona Apple, Steven Jobs, Fred “Mr.” Rogers, Sir Ian McKellen, Reese Witherspoon, Kate Moss and Christie Brinkley all have in common? You guessed it. They all embrace a vegetarian or vegan lifestyle. A vegetarian is a person who does not eat meat, fish or poultry. Vegans (pronounced vee-guns), in addition to being vegetarian, do not use other animal products and by-products such as eggs, dairy products, honey, leather, fur, silk, wool, cosmetics and soaps derived from animal products.

Just For The Health Of It!

A well-planned vegetarian diet can be healthful for people of all ages. Vegetarian diets may lower your risk for several chronic diseases including heart disease, high blood pressure, certain types of cancer, obesity, type 2 (adult-onset) diabetes and osteoporosis. Research is also indicating that plant based diets may improve rheumatoid arthritis and reduce the incidence of stroke, kidney stones, gallstones and diverticular disease. What makes vegetarian diets so healthy? Probably the fact that they are usually high in fiber, antioxidants and other phytochemicals and low in saturated fat and cholesterol. Even non-vegetarians can claim some of the health benefits of a vegetarian diet by going meatless for two or three meals each week. Keep in mind that a vegetarian diet isn’t automatically healthier. Vegetarians who eat lots of dairy products, especially cheese, may have a (very unhealthy) high fat intake.

Vegetarian Nutrition 101

There are a few nutritional pitfalls that vegetarians should watch out for. Meeting protein needs is not as big a problem as many people think, especially for vegetarians. Calcium is not a problem for vegetarians who include dairy products in their diets and vegans can look to calcium-fortified soy or rice milk. Iron and zinc are hard to come by in vegetarian and vegan diets as are vitamins B-12 and D. To get help planning a vegetarian diet call the University Dietitian at (54)8-9112.

Get In The Spirit!

Celebrate World Vegetarian Day on October 1 with a veggie burger cooked to order at Kozy Kitchen deli, a tofu stir-fry at Wok ‘n’ Roll or one of the many vegan menu items served in the Bistro. Pick up a copy of the Café Express each month—it identifies all vegetarian and vegan items for you.

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