Tips for Vegetarians

Get enough protein

- Soy milk can be a good substitute for cow's milk, but be sure to check the Nutrition Facts on the food label - some brands are fortified with calcium, but not all are. Some have large amounts of sugar, so look for unsweetened soy drinks.
- Experiment with soybean products such as tofu, tempeh, textured soy protein, and soy milk in your meal planning.
- Eat beans, such as black, pinto, and garbanzo beans every day.
- Eat unsalted nuts and seeds.
- Choose nonfat or low-fat milk, yogurts and cheeses.
- Eat tofu or soybean products.
- Most grains have some protein. Try some quinoa.

Eat your grains

- Choose whole grain more than half the time.
- For variety, try different types of breads, such as bagels, tortillas, pita bread, chapatis, focaccia, and naan.
- Choose fortified breakfast cereals for added nutrients such as iron, folic acid, Vitamin B_{12}, and zinc.

Vary your veggies

- Eat plenty of colorful veggies each day.
- Pick meals and snacks with several different vegetables.
- Choose vegetables that are good sources of calcium: dark green leafy veggies (kale, mustard, collard, or turnip greens), bok choy, and broccoli. These foods also supply iron.
- Choose vegetables that are high in Vitamin C, for example, broccoli, tomatoes, and green pepper. Vitamin C helps you absorb the iron in vegetables and eggs.

Focus on fruits

- Include plenty of whole fruit each day.
- Fruits high in Vitamin C include citrus fruits, melons, and berries.
- Eat fruit for dessert and snacks.
- When you drink juice, choose 100% fruit juice and dilute it with water. Try calcium-fortified juices, especially if you do not drink milk.

© CDPH 2013; Funded by Federal Title V Block Grant through the Maternal, Child and Adolescent Health Division, Center for Family Health