

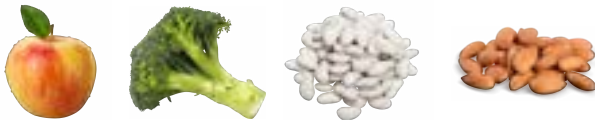
Vegetarian Guide

What does vegetarian mean?

Vegetarianism is a type of diet that typically excludes meat, poultry and fish in favour of consuming mostly plant-based food. People of all ages can live a healthy lifestyle while following a vegetarian diet!

Which foods are plant-based?

Plant-based foods are those derived from plants and includes **fruits**, **vegetables**, **grains**, **nuts**, and **seeds**.



Why do people eat vegetarian?

There are many different reasons as to why someone might choose to follow a vegetarian diet, including:

- Health reasons.
- Religious beliefs.
- Cultural norms.
- Personal preference.



Read more about Vegetarian diets at [UnlockFood.ca](https://unlockfood.ca)

Following a vegetarian diet

While many vegetarians eliminate all meat, poultry, and fish from their diet, some might follow this diet loosely and allow themselves to enjoy these foods occasionally. **There is no "right" or "wrong" way to be a vegetarian!**

Vegetarians can continue following a healthy diet recommended by [Canada's Food Guide](#) by replacing meat, poultry, and fish with more plant-based food options.

Types of vegetarian diets include:

Semi-vegetarian: Occasionally consumes fish, meat, and/or poultry.

Lacto-ovo vegetarian: Consumes eggs and dairy products.

Lacto-vegetarian: Consumes dairy products.

Considerations for vegetarians

- Vegetarians may be at risk for a deficiency in **vitamin B12**, **iron**, **calcium**, and **omega-3**. Talk to your health care provider about ways to ensure adequate intake of vitamins.
- A person following a vegetarian might want to consider reading **food labels** to make sure there are no hidden sources of meat, poultry, or fish included.
- **Planning meals** ahead of time is a great way to make sure your meals are balanced.