

A Vegetarian is:

- MA person who doesn't eat:
 - **Meat**
 - **Poultry**
 - **Fish**
 - Products that derive from meat, poultry, or fish such as:
 - Meat/chicken/fish stocks
 - Gelatin
 - -Lard



A Vegan is:

- M A vegetarian who also avoids all animal products such as:
 - Milk
 - M Cheese
 - **Eggs**
 - **M** Honey
 - Ingredients that derive from these products such as:
 - Powdered milk
 - yogurt



Reasons for vegetarianism/veganism

- **©** Ethical reasons
- **Environmental concerns**
- M Health
- **Religion**



What does this mean for labeling prepared foods?

- M A suggested labeling scheme:
 - ** ^ = vegan (no animal products at all in preparation or ingredients)
 - V = vegetarian (no meat, poultry, fish or derivatives in ingredients or preparation)
 - This symbol indicates that the food item has cheese, milk, eggs, or honey



What does this mean for food prep?

- Be certain to separate vegetarian and non vegetarian foods and equipment (such as steam table pans, serving utensils, ingredients)
- ® Be certain to label to avoid confusion
- Be certain to communicate ("the split pea soup was made with a ham bone")



Vegan Nutrition

- Sources of...
 - Protein: black beans, kidney beans, white beans, garbanzos (chick peas), nuts and nut butters, soymilk
 - Calcium: Dark greens (broccoli, kale, collard greens, spinach, romaine), beans, calciumfortified foods (soymilk, tofu)
 - Iron: Beans, dried fruit (raisins, cranberries, cherries), nuts, dark greens



Examples of Vegetarian Entrees

- Cheese Ravioli
- Vegetarian Lasagna (made with cheeses or a milk-based sauce)
- Veggie omelet
- **I** Bean and cheese burrito or enchilada
- Cabbage roll filled with rice, shredded cheese and chopped veggies
- Mushroom Stroganoff (made with sliced mushrooms and a sour cream sauce)



Examples of Vegan Entrees

- Four bean chili or four bean "meat sauce"
- Lentil stew (with tomatoes and potatoes) or Lentils and dumplings
- Baked potato stuffed with chopped veggies, topped with walnuts
- 🔊 Bean and veggie burrito or enchilada

