

HEALTHY. EATING

the veggie way

A VEGETARIAN DIET HAS EVERYTHING YOU NEED FOR GOOD HEALTH



Protein

Protein comes in all different forms. Vegetarians can get protein from a variety of sources, including:

- Beans
- Lentils
- Tofu
- Soy products
- Eggs
- Dairy products
- Nuts
- Seeds



Fiber

Vegetarians get fiber from a variety of sources, including:

- Beans
- Lentils
- Tofu
- Soy products
- Eggs
- Dairy products
- Nuts
- Seeds

There are no nutrients in meat that cannot be found in abundant quantities in a vegetarian diet - including protein, iron and calcium.



Calcium

Vegetarians get calcium from a variety of sources, including:

- Beans
- Lentils
- Tofu
- Soy products
- Eggs
- Dairy products
- Nuts
- Seeds



Iron

Vegetarians get iron from a variety of sources, including:

- Beans
- Lentils
- Tofu
- Soy products
- Eggs
- Dairy products
- Nuts
- Seeds

A vegetarian diet is healthier for you, for the animals and for the planet.

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