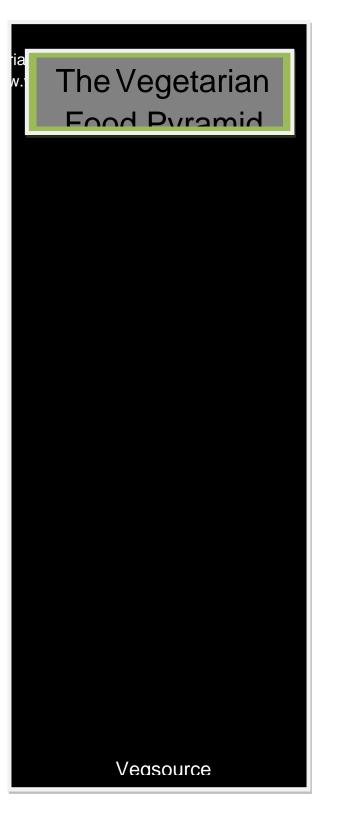
Healthy Snack

- x Pretzels
- x FreshFruit
- Popcorn
- Dried Fruit
- Pizza
- Fruit Shakes
- Bean Tacos or Burritos
- Frozen Juice Bars
- Soup
- Bagels with Peanut Butter
- Sandwiches
- Dairy or Soy Vogurt





Sponsored by the Health and Wellness Educators

> CSD Room 211 (401)254-3491



Types of Vegetarians

- Semi Vegetarians
 Consume fish, poultry, dairy products, and eggs, Do not consume red meat.
- Lacto-Ovo Vegetarians
 Consume dairy, eggs, and plant foods. Do not consume animal products.
- 3. Lacto Vegetarians Consume dairy products and plant foods only.

3.24(Cp)/deg@taria6(cn16 191.5.5(c Consume only plant foods,

Health Benefits versus Health Risks

Benefits

A well planned vegetarian diet can be a model diet nutritionally. The vegetarian diet is typically low in fat and cholesterol, high in fiber, vitamins A, C, and folacin. The diet, along with other healthy lifestyle habits, such as no smoking, limiting alcohol intake, maintaining weight within a desirable range and increasing physical activity, will lead to the risk reduction of cardiac disease, high blood pressure, and possibly some cancers.

Risks

A poorly planned vegetarian diet, however, may lack sufficient amounts of important nutrients to

maintain proper health. Iron deficiency anemia will eventually develop if your diet contains inadequate iron. Osteoporosis is more likely to result later in life is adequate amounts of calcium are not consumed. VitaminB12 deficiency, although rare, can be a

