

A healthy vegetarian diet : achieving the right balance / Tesco.

Contributors

Tesco (Firm)

Publication/Creation

Cheshunt : Tesco, [1994?]

Persistent URL

<https://wellcomecollection.org/works/rzkzk6ay>

License and attribution

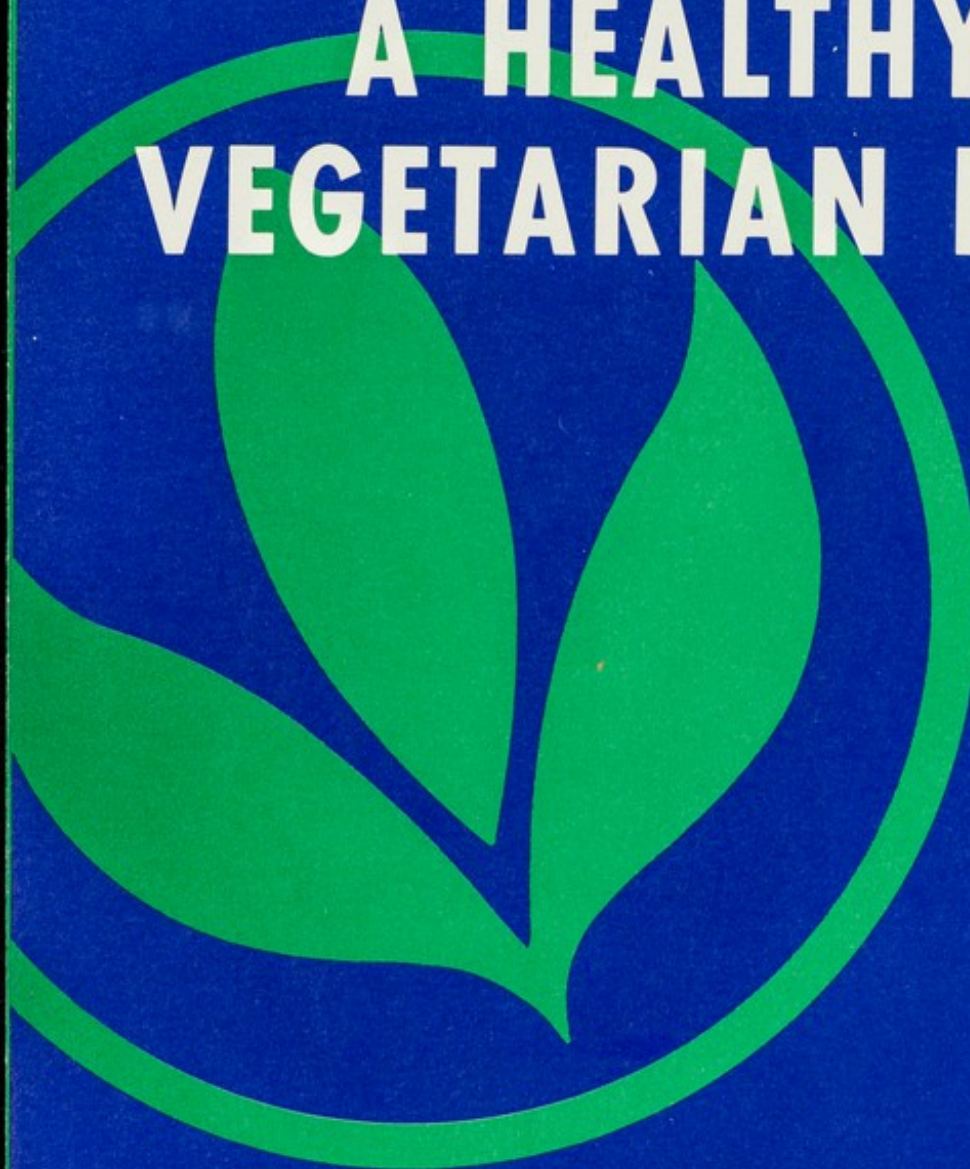
Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).



Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>



A HEALTHY VEGETARIAN DIET



ACHIEVING THE RIGHT BALANCE



Printed on Recycled Paper



A vegetarian diet can mean a healthy balanced diet as long as some basic principles are understood.

There are several types of vegetarian, all of whom exclude different animal foods from their diet.

VEGANS

Avoid all animal products, including honey. In addition they do not use products which have been tested on animals.

LACTO VEGETARIANS

Eat milk and cheese but nothing which has been produced as a result of an animal being slaughtered, eg meat, fish, poultry, or by-products such as gelatine, whey or rennet.

OVO-LACTO VEGETARIANS

Eat eggs (often free range) as well as dairy products.

DEMI-VEGETARIANS

Choose to exclude red meat but may occasionally eat poultry and fish.

To help vegetarians make the right food choices, we use the symbol below on pack, space permitting, to indicate which Tesco Brand products are suitable for ovo-lacto vegetarians.



Look out for the symbol on our range of vegetarian products such as ready meals, quiches and cheese. You can be assured that they contain:

- (a) No animal products or by-products (with the exception of eggs, milk products and honey).
- (b) No products or by-products of the fishing industry.

A sensibly planned vegetarian diet will pose no health problems. Many of the myths surrounding a vegetarian diet arose when food choices were more limited. Some of the most common concerns are answered in this leaflet.



CAN A VEGETARIAN DIET PROVIDE ENOUGH PROTEIN?

Yes it can. Meat, fish and poultry provide a substantial amount of protein in the meat-eaters diet. In reality the majority of us, vegetarians and non-vegetarians alike, eat more protein than we actually need. Protein deficiency is not a problem in this country. Any protein which is surplus to our bodies' requirements is simply turned into energy (calories) or stored as fat.



There are many interesting sources of protein apart from fish and meat. In a vegetarian diet most sources of protein, such as pulses and grains, have the added advantage of being low in fat and saturated fat. In addition they are good sources of vitamins and minerals and can often be high in fibre too.

- Pulses such as beans, peas and lentils are a good source of protein, low in fat and high in fibre. They can be made into burgers, casseroles, vegetable bakes and croquettes.
- Nuts are a good source of protein for non-meat eaters but are high in fat. Use them in moderation combined with pulses or grains which are low in fat.
- Grains such as rice, wheat, rye and corn are both high in fibre and protein and are excellent for bulking out casseroles and vegetable stuffings or serving cold as part of a salad.
- Quorn® is high in protein and fibre and low in fat. It is made from myco-protein which is related to the mushroom and is a vegetable product. Available chilled, it resembles cubes of meat and has a lean and tender texture which has the ability to absorb flavours from other ingredients. It can be used in recipes in which you would use cubed meat. Selected Tesco stores also stock ready prepared dishes containing Quorn®, such as Tesco Tikka Masala or Tesco Peking Sweet and Sour.
- Soya beans are a very good source of protein. They are also available processed into textured vegetable protein which can be made into a variety of savoury dishes.
- Tofu or soya bean curd is a valuable source of calcium. It is also low in fat and can be used in soups, stir fries and casseroles or blended for pâtés and desserts. Tofu also has the ability to absorb flavour from other ingredients.
- Cheese made from non-animal rennet, milk, yogurt and other milk-based products are also good sources of protein for lacto, ovo-lacto and demi-vegetarians.

WHAT ABOUT VITAMINS AND MINERALS?

An adequate supply of vitamins and minerals should not be a problem if the diet is carefully planned.

As well as being a good source of protein, meat provides much of the iron and many of the B Vitamins in the non-vegetarian diet. However, there are alternative vegetarian sources of virtually all these nutrients. These include wholemeal bread and wholegrain cereals, pulses and nuts. Leafy green vegetables are a good source of iron. Vegans may, however, need to take vitamin B12 supplements as this nutrient is found mainly in foods from animal sources such as meat and dairy products.

Quorn® is the registered trademark of Marlow Foods.



HEALTHY EATING AND THE VEGETARIAN

Vegetarian diets can often be lower in fat and higher in fibre than non-vegetarian diets. Ovo-lacto, lacto and demi-vegetarians do, however, need to take care if they are eating a lot of full fat cheese and dairy products. Four key rules will help maintain health and well being.



1. CUT DOWN ON FAT

- Vegetarian cheese is made using non-animal rennet, but like ordinary hard cheddar-type cheeses contains 30-35% fat. Choose a full flavoured variety such as Tesco Vegetarian Full Flavour Cheddar so that you need less and grate rather than slice for sandwiches or sauces.
- Choose skimmed or semi-skimmed milk which contains less saturated fat than whole milk but as much protein and calcium.
- Instead of fresh cream desserts, which contain saturated fat, choose flavoured low fat yogurt or fromage frais which is lower in saturated fat.
- Try to avoid frying food wherever possible by grilling, baking or boiling. If you do fry, choose an oil which is high in polyunsaturates, such as sunflower or soya oil, and use as little as possible.
- For spreading, use margarines which are high in polyunsaturates. Alternatively, use low fat spread which contains less than half the fat of butter or margarine. However, these spreads may contain some dairy products.
- If you are a demi-vegetarian and eat fish, choose a white fish such as cod, coley or haddock which is low in fat and a valuable source of protein. Oily fish can be up to 30% fat but the fat it contains is mostly polyunsaturated and so can be eaten as part of a healthy balanced diet.



2. EAT MORE FIBRE-RICH STARCHY CARBOHYDRATES

A vegetarian diet has the bonus of including plenty of vegetables, fruit, pulses, wholemeal bread, rice and pasta which are excellent sources of fibre-rich starchy carbohydrates and provide us with vitamins and minerals.



3. CUT DOWN ON SUGAR AND SUGARY FOODS

Sugar contains only energy (calories), no other nutrients, and if consumed frequently throughout the day can cause tooth decay. Cut down on sweets, cakes, biscuits, chocolate and sweetened drinks.



4. EAT LESS SALT

Try not to add salt to dishes during cooking or at the table. Some vegetarian stock cubes and gravy powders can be high in salt, experiment with herbs and spices instead.

For further information please contact: Customer Services, Tesco Stores Ltd,
PO Box 18, Delamare Road, Cheshunt, Herts EN8 9SL

© Tesco Stores Ltd, Cheshunt, Herts EN8 9SL.