

# Vegetarian diet

Vegetarian diets tend to have fewer calories, lower levels of saturated fat and cholesterol, and more fiber, potassium and vitamin C than other eating patterns. Vegetarians tend to weigh less than meat eaters, and to have lower cancer rates.

## Tips for meeting nutritional needs:

**Meet protein needs** with nuts, beans, eggs and dairy foods.

**Vitamin B12** is naturally found only in animal products. Choose fortified foods or take a B12 supplement if you don't eat animal products.

**Get calcium** from dairy products and calcium fortified soy milk, cereals or orange juice.

**Don't overcook** vegetables, or they might lose valuable nutrients.



Visit the Living Well Platform at <https://livingwell.provantonline.com> to use the meal planner and nutrition tools.

*This benefit is available free of charge to all UT SELECT Medical Plan members: Employees, dependents, retirees, surviving spouses, and COBRA participants.*