



VEGETARIAN/VEGAN DIETS



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WHAT DO I SERVE SOMEONE WHO IS VEGETARIAN/VEGAN?

If someone is vegetarian/vegan you **must** replace the meat item being served with a vegetarian alternative

Meat provides a good source of essential nutrients such as protein and therefore it is important that the vegetarian alternative provides these nutrients too

Always make sure to check with someone what they include/exclude following a vegetarian/vegan diet as it may be different from person to person

TYPES OF DIET PATTERNS:

Vegetarian:



Excludes meat, poultry and seafood

Includes eggs, honey and dairy products such as milk, cheese, yoghurt and butter



Pescatarian



Excludes meat and poultry

Includes seafood, eggs, honey and dairy products



Vegan



Excludes meat, poultry, seafood, eggs, honey, dairy and gelatin



ALTERNATIVES TO ANIMAL PRODUCTS

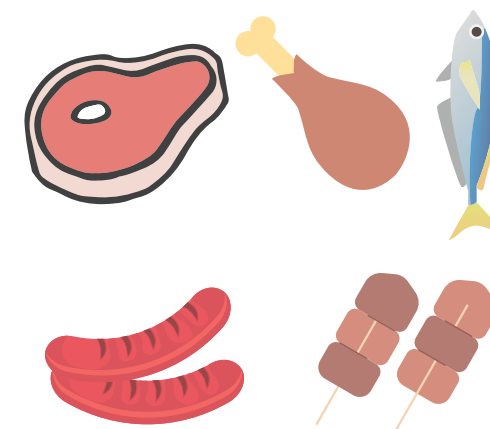


Cows milk

MILK ALTERNATIVES

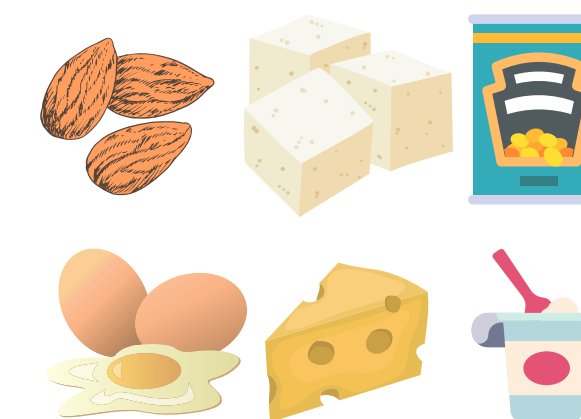


Soy, rice, oat and nut milks (e.g. almond, macadamia) fortified with calcium



Red meat, poultry, seafood

PROTEIN ALTERNATIVES



Tofu, eggs, cheese, yoghurt, nuts/seeds, legumes e.g. baked beans, lentils, chickpeas

If a resident follows a **vegan** diet, consult your local community dietitian for dietary advice