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A vegetarian diet should include a diverse mix of fruits, vegetables, grains, healthy fats and proteins. To replace the protein provided by meat in your diet, include a variety of protein-rich...

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The Meat Free Fitness Nutrition Guides are tailored, bespoke diet plans, specifically for vegan and vegetarian men and women, designed to help you achieve your fitness / body goals and reach new heights of health and energy on a plant-based diet. So whether you're looking to

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Download the Vegetarian Eatwell Guide Download For anyone that has special dietary requirements or medical needs, you might want to check with a dietitian on how to adapt the Vegetarian Eatwell Guide or contact our enquiry service on 0161 925 2000 or by emailing hello@vegsoc.org .

~~Vegetarian Eatwell Guide | The Vegetarian Society~~

Public Health England says it is important to eat a diet low in saturated fat and high in whole grains, fresh fruit and vegetables. As a vegetarian, eating a balanced diet based on whole grains, pulses (beans and lentils), vegetables and fruits, nuts and seeds you should

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easily exceed the guidelines for eating 5-A-Day and your meals will be naturally high in fibre and low in saturated fat.

~~Health and Nutrition | The Vegetarian Society~~

Vegetarian Diet: A Starter's Guide to a Plant-based Diet. ...

Vegetarian Nutrition Dietetic Practice Group. Academy of Nutrition and Dietetics. Resources include fact sheets, a newsletter, and research updates. Vegetarian Society of the United Kingdom. Vegetarian Society of the United Kingdom.

~~Vegetarian Nutrition | Food and Nutrition Information ...~~

Nutrition and food groups ... Healthy eating as a vegetarian. The Eatwell Guide shows the different types of food we should eat to have a healthy, ... Omega-3 fatty acids, primarily those found in oily fish, can help maintain a healthy heart and reduce the risk of heart disease when eaten as part of a healthy diet.

~~The vegetarian diet — NHS~~

Vegetarian nutrition information, recipes, books, and publishers of Vegetarian Journal. The Vegetarian Resource Group (VRG) is a non-profit organization dedicated to educating the public on vegetarianism and the interrelated issues of health, nutrition, ecology, ethics, and

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world hunger. In addition to publishing the Vegetarian Journal, VRG produces and sells cookbooks, other books, pamphlets ...

~~Nutrition — The Vegetarian Resource Group~~

Planning a healthy vegetarian diet. To get the most out of a vegetarian diet, choose a variety of healthy plant-based foods, such as whole fruits and vegetables, legumes and nuts, and whole grains. At the same time, cut back on less healthy choices, such as sugar-sweetened beverages, fruit juices and refined grains.

~~Vegetarian diet: How to get the best nutrition — Mayo Clinic~~

While expecting, be sure to eat plenty of protein- and iron-rich foods like beans, lentils, nuts, nut butters, seeds, leafy greens, and vegetarian meats; omega-3 fats for brain development from flax seeds and walnuts, soy products, and leafy greens; and vitamin C from foods like fruit, broccoli, and kale.

~~YUM!~~

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