

To learn more:

Position of the American Dietetic Association:
Vegetarian Diets and Food Guide Pyramid for
Vegetarian Meal Planning.

www.vrg.org/nutrition/adapyramid.htm

Vegan Food Guide

www.nutrispeak.com/veganfoodguide.htm

The Vegetarian Resource Group

www.vrg.org

The American Dietetic Association

www.eatright.org

International Vegetarian Union

www.ivu.org

Balance Mind Body Soul

www.balancemindbodysoul.com

SOME FAMOUS VEGETARIANS:

- Leonardo Da Vinci
- Leo Tolstoy
- George Bernard Shaw
- Mahatma Gandhi
- Susan B. Anthony
- Albert Einstein
- Benjamin Franklin
- Mr. Rogers
- Clara Barton
- Thomas Edison
- Henry David Thoreau



"I have lived temperately, eating little animal food and that as a condiment for vegetables, which constitute my principal diet."

—THOMAS JEFFERSON



OUR MISSION WITH STOP HUNGER

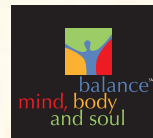
Stop Hunger Where It Starts

Since 1999, the Sodexo Foundation has been committed to being a driving and creative force that contributes to a hunger-free nation.

In order to eliminate hunger that affects 35 million people in the U.S., we must fight its root causes. The Sodexo Foundation supports innovative programs to help children and families who are battling problems like poverty, unemployment, lack of education, and food insecurity.

From nutrition programs for children, to job training for adults, the Foundation supports hunger-related initiatives on the local, state, and national levels.

www.helpstophunger.org



Balance Mind Body Soulsm is a holistic or integrated approach to wellness and fitness that considers the whole person. Fitness and wellness are a balance of lifestyle choices and events—physical, mental, and environmental. Wellness is unique to each individual. Knowledge is key. It may be easier than you thought. Experiencing new things—a sport you haven't done before, a food you haven't tried, a new idea you never thought about, or a creative way of approaching a problem like stress—may also help you to balance and define your wellness goals.

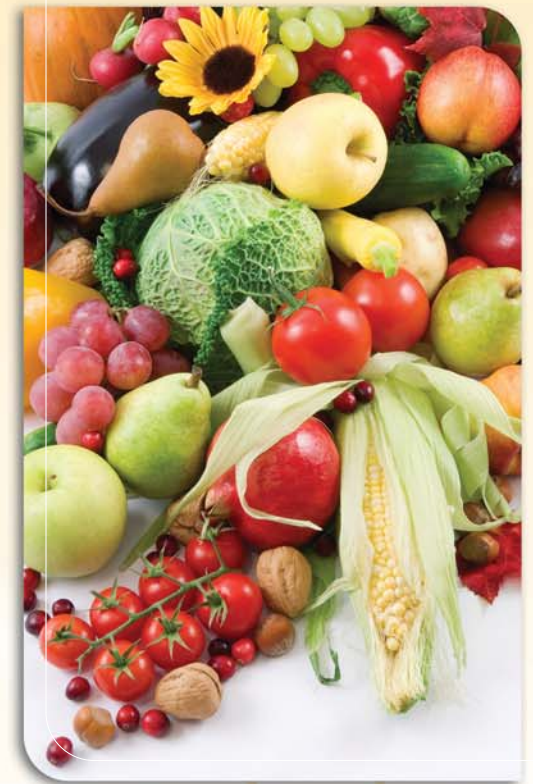
www.balancemindbodysoul.com



10% Total Recovered Fiber/All Post-Consumer Fiber



Vegetarianism 101



balance
mind, body
and soul

Who is Vegetarian?

Most of us know someone—friend, classmate, teacher, even a younger sibling—who is vegetarian or vegetarian sometimes. In the 2006 Vegetarian Resource Group (VRG) 2006 poll, 2.3 percent or approximately 4.7 million Americans ages 18 and older, say they never eat meat, fish or fowl. And the VRG estimates that at least 30 to 40 percent of Americans choose vegetarian some of the time. In a 2006 poll of 100,000 college students, 30 percent said it is important to have vegetarian food options on campus. Not surprising. Approximately 1.5 million kids between ages 8 and 18 are vegetarian.



Why Become Vegetarian?

A healthier lifestyle, compassion for animals, concern for the environment, and interest in trying something new, are just some reasons to adopt a plant-based diet. According to the American Dietetic Association and the Dietitians of Canada, vegetarians are reported to have lower body mass indexes than non-vegetarians, lower rates of death from heart disease and lower blood pressure. The key, as in all healthful diets, is variety - plenty of fruits and vegetables, lots of leafy greens, whole grain products, nuts, seeds and legumes.

What's in a Name?

Among vegetarians, there are variations.

LACTO-OVO VEGETARIANS exclude meats, meat products, seafood, fish and poultry. These vegetarians consume milk and/or egg products.

- Vegetarian menu items on your college restaurant menu, the serving line and the Nutrition Calculator—your online recipe nutrient file—are indicated with a tomato symbol.



These vegetarian dishes may contain milk/and or egg products. Some vegetarians eat eggs, but not milk products (ovo); some consume milk but not eggs (lacto).

VEGANS exclude all meat and meat byproducts; exclude all poultry, all fish, all seafood, all dairy, all eggs and egg products, all honey.

- Vegan menu items are indicated with a sunflower symbol.



Making the Change

toward a Plant-Based Diet

- Make changes gradually. Replace a meat entrée with a vegetarian entrée once or twice a week. Much of the world is vegetarian or nearly so. Try new foods and new cuisines.
- Include a variety of foods. Make a habit of eating lots of vegetables. Dark green vegetables such as broccoli and kale have calcium. Vitamin C from fruits, vegetables and potatoes helps your body absorb iron with a meal. Explore grains such as couscous, brown rice, barley and quinoa. Try legumes such as lentils, black beans, pinto beans, chickpeas, black-eye peas.
- Today's restaurant meals have many more vegetarian options. If not, ask if an interesting item on the menu can be prepared without meat or with a vegetarian substitute such as tofu. Most chefs are happy to oblige you.



Vegetarian Options

in Your Campus Restaurant

You can find vegetarian and/or vegan choices at every meal and every station including breakfast, the deli, pizza and the grill. There's a vegetarian soup. The salad bar has at least 8 fresh vegetables plus a complement of proteins such as legumes, interesting side salads, and cheese. Explore! Try some dishes such as Black Bean Chalupa; Lemon-ginger Stir Fry; Moroccan Couscous; Hummus and Cucumber Pita; Pad Thai; Caribbean Vegetable Patty; Vegetable Lo Mein; Cajun Rice and Beans and lots more. Fresh fruit is a delicious, healthy dessert choice whether you are vegetarian or not. Enjoy a cookie, too.