



# Introduction to Vegetarianism

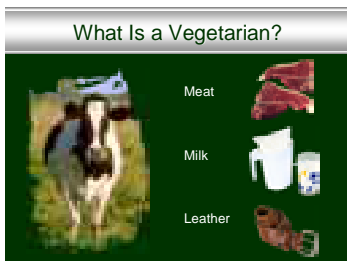
## Presentation Script

Course Presentation: 30 Minutes

- *Relax!*
- *Start by introducing yourself*
- *If you are interested, ask how many in the audience are currently vegetarian, have cooked for vegetarians, are members of a vegetarian group, or anything you'd like to know about your audience*



If you are interested in vegetarianism you are not alone. There is an increasing interest in the vegetarian lifestyle these days.



What Is a Vegetarian? Many non-vegetarians are confused about the actual definition of a vegetarian, and rightly so! After all, if we take the [CLICK] cow as an example, some vegetarians avoid eating the [CLICK] cow's meat, but then there are other vegetarians who would avoid not only the cow's meat, but the [CLICK] cow's milk. And then, there are others that would avoid not only the cow's meat and milk, but the [CLICK] cow's leather as well.



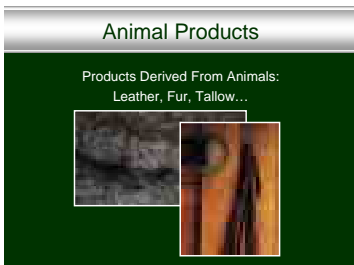
To understand the differences between vegetarians, we must understand the things that are considered animal products. First of all, there is [CLICK] animal flesh which is the meat itself. This includes the flesh of all animals: meat, fish, and poultry.



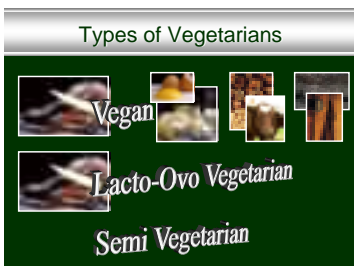
Then there are animal products such as eggs and dairy products.



Animal products also include things like honey, the product of bees. As well as gelatin, commonly found in marshmallows and Jell-O, which comes from the bones and connective tissue of animals.



And then there are the products that are derived from animals that go beyond diet such as leather goods, fur, tallow and so on.



There are 2 basic levels of mainline vegetarianism: [CLICK] vegan and lacto-ovo vegetarian. A lacto-ovo vegetarian, sometimes simply referred to as “vegetarian” [CLICK] avoids eating animal flesh but may use dairy (lacto) and eggs (ovo). Whereas a vegan [CLICK] avoids eating animal flesh, eggs and dairy. Strict vegans also [CLICK] avoid all foods of animal origin including honey and gelatin. And many vegans also go beyond diet and [CLICK] avoid using animal products like fur and leather.

We should also mention a third level of vegetarianism—that is the [CLICK] semi vegetarian. Debate exists among vegetarians as to whether or not a semi vegetarian is really a vegetarian. But none the less, a semi vegetarian is a vegetarian “in progress”. The semi vegetarian would be someone who perhaps eats fish and poultry or perhaps eats red meat only occasionally.



People choose the vegetarian lifestyle for many different reasons. But there are six main reasons people are vegetarian. The number one reason people are vegetarian is [CLICK] health.

### Fewer Chronic Diseases

- Heart disease
- Cancer (prostate and colon)
- Diabetes
- Osteoporosis
- Gallbladder disease
- Hypertension
- Obesity



Source: National Institute of Nutrition in Canada, World Health Organization, and the American Dietetic Association

First of all, vegetarians have fewer chronic diseases. [CLICK AND READ SCREEN]

### Standard North American Diet (SAD)

- High in fat and cholesterol
- Uses a lot of commercially prepared, microwave or deep fried junk food
- Includes twice as much meat as the global average
- Gives us twice our necessary amount of protein!



Patricia Franz, Dr. Suzuki, David, Nature Challenge Newsletter, DavidSuzuki.org, February 2003.

Let's take a look at the Standard North American Diet. Abbreviated as "SAD", and rightly so! It is [CLICK AND READ SCREEN]

### Excess Protein

Excess Protein  
Contributes to:

- Kidney Disease
- Calcium Stones
- Various Cancers
- Osteoporosis

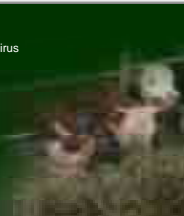


Source: Physicians Committee for Responsible Medicine, Vegetarian Sources Kit, <http://www.pcrm.org>

So, what's wrong with excess protein? Excess protein contributes to a host of illnesses [CLICK AND READ SCREEN].

### Disease Crossover

- BSE - Mad Cow Disease
- Bovine Immunodeficiency Virus
- Mercury Poisoning in fish
- Bovine Leukemia Virus
- CWD in deer and elk
- Scrapie in sheep
- Campylobacter
- Salmonella
- E. Coli



Vegetarians have much less risk of getting diseases that animals have and are present in their meat. Here are just a few examples... [CLICK AND READ SCREEN]

### Consume Fewer Contaminants

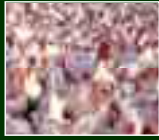
- Contaminants accumulate as they move up the food chain
- Thus, they are more highly concentrated in animal foods
- And eating organic vegetarian means really minimizing pesticides!



Vegetarians also consume fewer contaminants. [CLICK AND READ SCREEN]

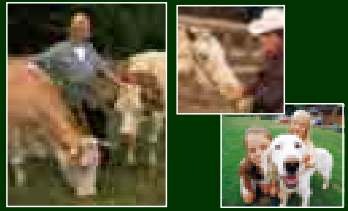
## Reasons People Are Vegetarian

1. Health
2. Concern for Animals



Another of the main reasons people are vegetarian is because of a [CLICK] concern for animals.

## Animals Deserve Humane Treatment



Most people agree that animals deserve humane treatment. We take good care of animals like horses and dogs. But aren't all animals worthy of good treatment? [CLICK] Is a cow so different from a horse that it deserves to be slaughtered rather than loved?



People who are vegetarian because of a concern for animals ask, [CLICK AND READ SCREEN]

## Animals Used For Food Are:

- Artificially bred
- Separated from their young
- Isolated
- Overcrowded
- Overfed
- Fed growth hormones
- And brutally slaughtered!



Animals used for food are [CLICK AND READ SCREEN]



The animals themselves would beg you if they could, [CLICK] "Please eat vegetarian!"

## Reasons People Are Vegetarian

1. Health
2. Concern for Animals
3. Concern for the environment



Another important reason people are vegetarian is because of a [CLICK] concern for the environment. Vegetarian Environmentalists know that meat production is wasteful!

## It Wastes Energy

Meat production uses up to 20 times more energy than vegetarian food production



Source: A State of the Environment Fact Sheet No 95-1, Ottawa: Environment Canada, 1995, p. 7.

It wastes energy. [CLICK AND READ SCREEN]

## It Wastes Land

Meat production uses 7 times more land than vegetarian food production



Source: Food and Agriculture Organization of the United Nations (FAO), <http://www.fao.org>, June 1997.

It wastes land. [CLICK AND READ SCREEN]

## It Wastes Water

Meat production uses at least 85 times more water than vegetarian food production



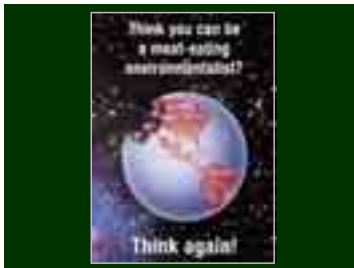
Source: Dr. Scott, David Nature Challenge Newsletter, DavidScott.org, February 2011.

It wastes water. [CLICK AND READ SCREEN]

Runoff contaminates our water sources!



And then there's the waste pollution! Animals used for food excrete 130 times more manure than the entire human population. Where does all this waste from factory farms and slaughterhouses go? [CLICK] Much of the runoff contaminates our water sources.



Think you can be a meat-eating environmentalist? Think again! This ad from PETA (People for the Ethical Treatment of Animals) suggests that being a meat-eating environmentalist is a contradiction.

### Reasons People Are Vegetarian

1. Health
2. Concern for Animals
3. Concern for the environment
4. Religion



Another reason some people are vegetarian is because of [CLICK] religion.

### Recommending Vegetarianism

<b>Eastern Religions</b> <ul style="list-style-type: none"> <li>• Buddhism</li> <li>• Hinduism</li> <li>• Brahmanism</li> <li>• Jainism</li> <li>• Taoism</li> </ul>	<b>Other</b> <ul style="list-style-type: none"> <li>• Islam (the Sufis)</li> <li>• Some within Judaism</li> <li>• Baha'i</li> </ul>
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**Christians Religions**

- Seventh-day Adventists
- The Trappist monks of the Catholic Church



Source: Melina and Davis, *Becoming Vegetarian*, Wiley Canada, 2003, p.200  
 Source: Earth, *Spiritual Traditions and Vegetarianism*, Veg. Society of Colorado, <http://www.veg.org/spiritual.htm>, 2004.

There are many religious groups that recommend vegetarianism. Here are just a few... [CLICK AND READ SCREEN] In most cases, the religious groups promote vegetarianism because of health issues or because of a belief that killing is wrong or that slaughter is uncompassionate.

### Reasons People Are Vegetarian


1. Health
2. Concern for Animals
3. Concern for the environment
4. Religion
5. Cost



There are also many people who are vegetarian because of [CLICK] the cost of meat. It is much more economical not to buy meat. More economical for you as well as for the rest of the world.

### Meat is Expensive

- Meat costs more than alternative protein sources
- Much of the world's population can't afford meat
- In affluent countries, meat is only affordable because it's government subsidized



Source: Evans, Melina, Davis, *Becoming Vegetarian*, Toronto: Ontario: Macmillan Canada, 1994, p.7.

Meat is expensive. [CLICK AND READ SCREEN] And guess who pays taxes to cover government subsidies?

### World Hunger

- Feeding people directly with grain and produce is more economical than using it to raise livestock
- Higher profits force poor landowners to raise beef for the rich instead of beans for the poor



Source: Melina Davis, *Harrowing: Becoming Vegetarian*, Toronto, Ontario: Macmillan Canada, 1994, 87.

Meat eating also contributes to world hunger. [CLICK AND READ SCREEN]

### Reasons People Are Vegetarian

1. Health
2. Concern for Animals
3. Concern for the environment
4. Religion
5. Cost
6. Taste



And though I'm sure there are many more reasons that people are vegetarian, the last one we'll mention today is because of [CLICK] taste. Some people just don't like the taste of meat. They are disgusted by it! This often happens with young children or teens. If this is their only reason for not eating meat, hopefully they will get educated as to how to live the complete "vegetarian lifestyle" rather than simply leaving meat out of their otherwise junk-food diet.

### How Do I Become Vegetarian?




- It's beneficial to your health, so make the transition as soon as you want
- Get support and education

So by now, you just might be wondering, "How do I become a vegetarian?" Research shows that eating vegetarian is [CLICK] beneficial to your health, so make the transition as soon as you can (*See the Physicians Committee for Responsible Medicine's News Release, August 2004, "New Study Explodes Myth About Vegetarian Diet"*).

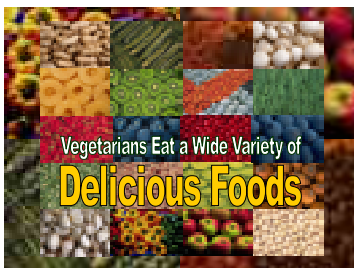
For an easy transition, be sure to [CLICK] get support and education, especially if you will be cooking for yourself. You can take vegetarian cooking classes, join a vegetarian support group, or buy vegetarian books and cookbooks.

### What Do Healthy Vegetarians Eat?

- High fiber foods
- Foods high in unrefined carbohydrates
- Little cholesterol or none if vegan
- Foods low in saturated fat
- Lots of fresh fruit and vegetables
- And...

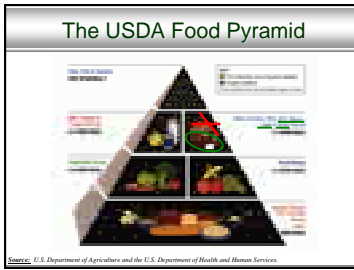


So then, what do healthy vegetarians eat? [CLICK AND READ SCREEN]



Vegetarians Eat a Wide Variety of  
**Delicious Foods**

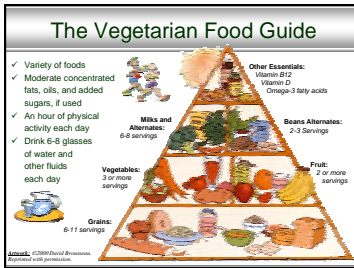
Variety! Vegetarians eat a wide variety of delicious foods!



Let's take a look at the USDA Food Pyramid. Notice that it recommends 2-3 servings of protein a day. Even here we are reminded of just some [CLICK] of the protein alternatives to meat! It mentions "Dry Beans, Eggs, and Nuts".

A more precise guide for the vegetarian can be found in the book "Becoming Vegetarian" by Vesanto Melina and Brenda Davis. Their book is a complete guide to adopting a healthy vegetarian lifestyle.

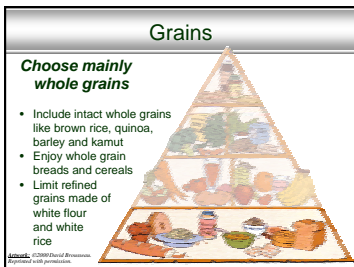
Just like the USDA Food Pyramid, the Vegetarian Food Guide gives its recommended daily [CLICK] servings as a range of servings which allows for different body sizes, age and activity levels. A teen-aged athlete, his younger sister and his grandparent can all use this guide. The smaller, younger and less active you are, the fewer servings you need from each group.



The guide also recommends a few practical pointers:

- [CLICK] Eat a wide variety of foods from each group
- [CLICK] Be moderate in your intake of concentrated fats, oils, and added sugars, if used
- [CLICK] Aim for an hour of physical activity each day and
- [CLICK] Drink 6-8 glasses of water and other fluids each day

Now let's take a look at each section of the Vegetarian Food Guide...



For the grain group, we must try and choose mainly whole grains. [CLICK AND READ SCREEN]



The Vegetarian Food Guide recommends 6-11 servings of grains. We can build each meal around a hearty grain dish. [CLICK AND READ SCREEN]



### Vegetables

**Eat a wide variety of colorful vegetables**

- Include deep green leafy vegetables each day
- Select plenty of carotenoids-rich vegetables daily: deep orange and yellow veggies, and greens

In the vegetable group, eat a wide variety of colorful vegetables. [CLICK AND READ SCREEN]

### 3 or More Servings

- Deep green leafy vegetables: broccoli, collards, kale, mustard and turnip greens, chicory, bok choy...
- Deep orange and yellow vegetables and greens
- Try vegetables raw, lightly steamed, sautéed

The Vegetarian Food Guide recommends 3 or more servings of vegetables. Here are just a few examples. Enjoy lots of... [CLICK AND READ SCREEN]. Deep green leafy vegetables are also great sources of calcium. [CLICK] Deep orange and yellow vegetables. [CLICK] Rather than overcooking your veggies, try them raw, lightly steamed, sautéed or baked. [CLICK] You can also try drinking some of your veggies!

### Fruits

**Select an assortment of fruits**

- Great alternative to sweet high-calorie desserts
- Be sure to include fruits rich in vitamin C
- Eat vitamin C rich foods with iron rich foods for better iron absorption

In the fruit group, select an assortment of fruits. [CLICK AND READ SCREEN]

### 2 or More Servings

- Vitamin C rich fruits: citrus fruits, cantaloupe, strawberries, and tropical fruits like kiwi, guava, papaya and mangos
- Dried fruit
- Fruit juice and blended fruit smoothies

The Vegetarian Food Guide recommends 2 or more servings of fruit. Here are just a few examples. [CLICK AND READ SCREEN]

### Beans and Alternates

**Eat a wide range of protein-rich foods**

- Select beans and lentils often for extra fiber
- Include nuts and seeds for a boost of vitamin E and minerals
- Try "veggie meats" for more concentrated protein

In the beans and alternates group, eat a wide range of protein-rich foods. [CLICK AND READ SCREEN]

### 2-3 Servings

- Legumes: beans, peas, lentils and groundnuts (peanuts)
- Nuts: almonds, walnuts, cashews, hazelnuts, pine nuts...
- Seeds: sesame, pumpkin, sunflower...
- Nut and seed butters



The Vegetarian Food Guide recommends 2-3 servings of beans and alternates. Here are just a few examples. [CLICK AND READ SCREEN]

People use to believe that it was necessary to combine certain protein foods at each meal to get a “complete protein”. But this is not necessary if we simply eat a variety of grains and legumes daily.

### Soy and “Veggie Meat” Products

- Tofu and tempeh
- Soy milk
- TVP (textured vegetable protein)
- Veggie Meats:
  - Veggie burgers
  - Veggie dogs
  - Tofurky
  - Wham
  - Tuno
  - Neatballs...



Soy and most veggie meat products are other ways to get servings from the beans and alternates group. [CLICK AND READ SCREEN]

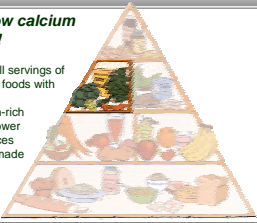
Veggie meat products are made from soy and other legumes, vegetables and grains. These products are easy protein sources for the vegetarian on the go. They taste great and can serve as “meat replacers” in all your favorite recipes.

You can find lots of these wonderful products in any health food store. Many can now also be found in most major grocery stores as well.

### Milks and Alternates

**Get to know calcium sources!**

- Include small servings of calcium-rich foods with every meal
- Pick calcium-rich greens for lower calorie choices
- Select tofu made with calcium



In the milks and alternates group, we’re reminded to get to know calcium sources. [CLICK AND READ SCREEN]

### 6-8 Servings

- Low-calorie choices: greens, okra, blackstrap molasses, skim milk, yogurt, calcium fortified soymilk, rice milk, or orange juice
- Moderate-calorie choices: Calcium-set tofu and tempeh, cheddar cheese
- Higher-calorie choices: 5 figs, beans, tahini, almonds and almond butter



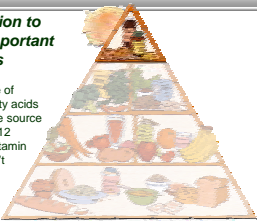
The Vegetarian Food Guide recommends 6-8 servings of milks and alternates. Here are just a few examples listed in order of calorie content. [CLICK AND READ SCREEN]

Greens include broccoli, collards, kale, okra, Chinese greens like bok choy and others. Be sure that your choice of soy or other non-dairy milks, orange juice and tofu are calcium fortified, as not all of them are. Notice that all of the plant based calcium sources do double duty in another food group as well!

### Other Essentials

**Pay attention to these important nutrients**


- Daily source of omega-3 fatty acids
- Daily reliable source of vitamin B12
- Source of vitamin D if you don't get enough sunshine



In the other essentials group, we’re reminded to pay attention to these important nutrients. [CLICK AND READ SCREEN]

### Omega-3 fatty acids


- 1-2 servings
- Richest plant sources
  - Ground flaxseed
  - Flaxseed oil
- Other sources
  - Walnuts
  - Hempseeds
  - Hempseed oil
  - Canola oil
  - DHA from micro algae supplements



The Vegetarian Food Guide recommends [CLICK] 1-2 servings of omega-3 fatty acids. [CLICK AND READ SCREEN]

### Vitamin B12


- Sources
  - Dairy products and eggs
  - B12 fortified soymilks and rice milks
  - Some "veggie meats"
  - Some ready-to-eat cereals
  - Nutritional yeast (Red Star Vegetarian Support Formula)
  - Supplements
- Daily supply
  - 3 micrograms in 2 or more meals
  - 10 micrograms daily
  - 2,000 micrograms weekly



If you eat little or no animal products, you will need to be sure to eat B12 fortified foods. [CLICK] Dairy products and eggs can provide you with B12, though people over 50 still need other sources. We can also get B12 through B12 fortified foods. [CLICK AND READ] Nutritional yeast product is inactivated by pasteurization prior to drying and can be added to soups and sauces or sprinkled on food as desired for a cheesy taste.

### Vitamin D

- Sources
  - Sufficient sunshine each day
  - Vitamin D fortified soymilk
  - Vitamin D fortified cow's milk
  - Supplements
- Daily supply
  - 200 IU (5 mcg) for ages 0-50
  - 400 IU (10 mcg) for ages 50-75
  - 600 IU (15 mcg) for ages 75+



We also need to be sure to get Vitamin D. [CLICK AND READ] (*mcg is pronounced micrograms*)

### www.vegetarianstarterkit.com



A healthy vegetarian lifestyle can supply all the daily nutritional needs of men, women, children, the elderly, pregnant women and athletes. Vegetarian food makes you feel great and is delicious! [CLICK] Go to [www.vegetarianstarterkit.com](http://www.vegetarianstarterkit.com) to get a free kit and learn how to make these and many other tasty dishes.

Created by Anita Sabot  
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*(Thank your audience for their attention and take questions if you would like. Remember that you are not expected to be an expert. If you don't know the answer to a question, admit it and say that you will research it and get back to them.)*