



Veg-curious? Fresh Facts about Vegetarian Diet

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Types of Vegetarians in HK

Types of vegetarians in HK

**Lacto-ovo
vegetarian**

**Lacto
vegetarian**

**Ovo
vegetarian**

Vegan



Health Benefits on Vegetarian Diets

Health Benefits on Vegetarian Diets

**Body
Weight**

**Lipid
Profile**

**Blood
Glucose**





Vegetarian diet Food Pyramid

Food Group	Portion / day For 1600 Kcal
Whole Grains	5
Legumes and Soy	3
Fruits	3
Vegetables	6
Nuts and seeds	2-3
Vegetable oil	2
Dairy / Egg *	1-2

Dietary Guideline

* For those ovo-lacto vegetarian



Common myths on vegetarian diets



1. *Not enough protein intake ! ?*

About Protein

Academy of Nutrition and Dietetics (2019)

- Most vegetarians and vegans **meet or exceed** their daily protein requirements.

9 amino acids --> essential amino acids (obtain from diet)

Most plant foods : low in one or two essential amino acids.

Balanced diet → combining complimentary proteins



How much protein do you need ?

- **0.4 grams** per pound of body weight

If you weigh 150 pounds, you need 60 g protein per day



Protein food choice

Red Kidney Bean
Chickpea
Black bean

1/2 cup ,cooked :
7-8g

Pumpkin Seeds
(1 ounce)

9g

Walnuts
(1 ounce)

4g

Almonds
(1 ounce)

6g





2. *Easy to have iron deficiency ! ?*

About Iron

- Essential nutrient for haemoglobin and myoglobin formation and is vital for health
- Two types of iron in food: haem (animal source) and non-haem iron (plant source) .



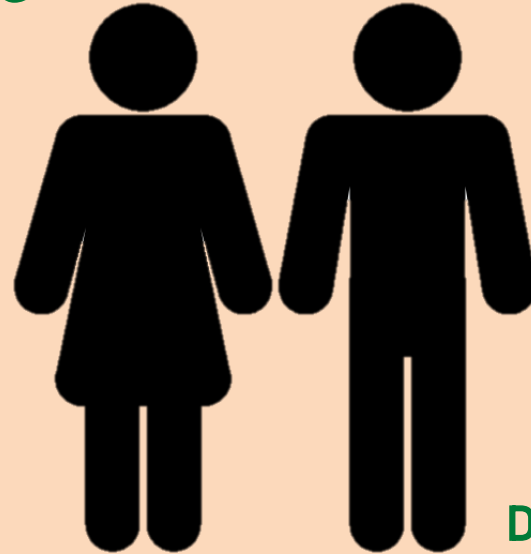
Iron Deficiency in Vegetarian

- Inadequate iron intake
- **Low bioavailability of iron from plant foods (non-haem iron)**



How much Iron do you need?

20 mg



12 mg

Department of Health (2020)

- According to the Institute of Medicine, vegetarians have **1.8 times** higher requirement for iron compared to non-vegetarians.



Iron food choice

Tempeh (天貝)

1 Cup (Cooked)
4.7 mg

Lentils

1 Cup (Cooked)
6.6 mg

Spinach

1 Cup (Cooked)
6.6 mg



Enhancing iron absorption



Vitamin C

Inhibitors of iron absorption



Tannin 單寧



3. How to deal with the hungry feeling ?

Not just green leaf veggies ;

Eat more Beans , Grains and Starchy food



**Carbohydrates :
Energy Dense**

Mixed Mushroom with Quinoa in Japanese Style

Quinoa :
replace 1/3 rice
→ More fiber

Burdock Root :
With soluble fiber
→ Gut health

Chapter 4 素食菜譜

藜麥五目炊飯

3-4 人分量

材料	分量
藜麥	半杯
白米	2 杯
牛蒡	半根
鮮冬菇	100 克
甘筍	120 克
金針菇	50 克
昆布湯	2 杯

醬汁	分量
日式醬油	2 湯匙
清酒	1 湯匙
食油	1 茶匙

做法：

1. 將藜麥、白米洗淨，備用。
2. 將牛蒡、鮮冬菇、甘筍洗淨後切絲，備用。
3. 用一茶匙油將牛蒡絲、鮮冬菇絲、甘筍絲及金針菇炒香，倒出備用。
4. 把白米、藜麥及昆布湯倒進煲內，均勻地鋪上炒香的材料(3)。
5. 加入醬汁後蓋上鍋蓋，以中小火煮約 15 分鐘。

營養貼士：

- 將藜麥取代三分之一的白米，除了提升其蛋白質及纖維外，亦可以增加飽肚感，有效控制體重。
- 每一百克牛蒡約有 3 克纖維，當中包括水溶性食物纖維「菊糖」(Inulin)。菊糖可促進腸道蠕動，有助改善腸胃健康。





Processed Food : made by soy protein with food additives

- Pay attention on the **fat content** and **sodium content**
- Check with the **ingredient list** and nutrition label before purchase





THANK YOU