



## Vegetarian Nutrition: Part 1



Phipps Conservatory and Botanical Gardens

Green Living

Green Living

THE HEINZ ENDOWMENTS  
HOWARD HEINZ ENDOWMENT • VIRA I. HEINZ ENDOWMENT

UPMC HEALTH PLAN

Maris Altieri, RD  
Ellen Marie Alonso Street, RD

# Agenda

- Pre-test
- Overview: definitions
- Myths and facts about vegetarian diets
- Vegetarian protein sources
- Omega-3 fatty acid sources

# Pre-test

1. List three plant-based protein sources
2. Identify one source of plant-based omega-3 fatty acids
3. What are concerns that you have or hear regarding vegetarian diets?



# What is a “plant-based” diet? 1





## Definition

“Plant-forward” approach limiting or excluding processed foods, meats and other animal products in favor of fruits, vegetables, nuts, seeds, legumes, oils, and whole grains.

## Variations

- Semi-vegetarian
- Pescatarian
- Lacto-ovo vegetarian
- Lacto-vegetarian
- Ovo-vegetarian
- Vegan

## Common Myths 2,3,4

- Expensive  *Buy minimally processed, whole foods*
- Protein deficient  *Eat beans, nuts, leafy greens, fruits & whole grains*
- B-12 and iron deficient  *Fortified foods & supplements*
- Unsuitable for infants, children, athletes, and pregnant women  *AND deems plant-based diets healthful & nutritionally adequate across all stages of life*



# Vegetarian & Vegan Protein Sources

- Complete vs incomplete protein
  - 9 essential amino acids
  - Bioavailability
- Grains & legumes
- Soy
- Nuts & seeds



# Vegetarian & Vegan sources of Omega-3's



# Sources

1. DuPont. New Research on Plant-based eating. <http://www.dupont.com/industries/food-and-beverage/press-releases/plant-based-eating.html>. Published November 13, 2018. Accessed February 2019.
2. Wiederecht, C. (2019). *Review and Analysis of Produce Acquisition for Healthy Corner Stores with Recommendations for Pittsburgh*. Chatham University.
3. Pipe EA, Gobert CP, Capes SE, Darlington GA, Lampe JW, Duncan AM. Soy protein reduces serum LDL cholesterol and the LDL cholesterol: HDL cholesterol and apolipoprotein B: apolipo- protein A-I ratios in adults with type 2 diabetes. *J Nutr* 2009 Sep;139(9):1700-6. DOI: [http:// dx.doi.org/10.3945/jn.109.109595](http://dx.doi.org/10.3945/jn.109.109595)
4. Melina, V., Craig, W., & Levin, S. (2016). Position of the Academy of Nutrition and Dietetics: Vegetarian Diets. *Journal of the Academy of Nutrition and Dietetics*, 116(12), 1970–1980. <https://doi.org/10.1016/j.jand.2016.09.025>



# Thanks!

**Any questions?**

You can find us at:

[letsmove@phipps.conservatory.org](mailto:letsmove@phipps.conservatory.org)

[letsmovepittsburgh.org](http://letsmovepittsburgh.org)