



Vegetarianism

To your health!

You are the boss of your own body. And that's a good thing, but of course it also brings a certain responsibility with it. Everything that you eat and drink has an influence on the mechanism. The saying 'you are what you eat' is as true as ever today.

To be effective, a boss needs to be a good listener – in this case, to your body – and needs to have access to the right information to take decisions. But the media often sends mixed messages when it comes to food and its influence on the body. Our health charter 'tastes good, good for you' not only guides us in offering a healthy and balanced diet, but also serves to inform our consumers on this subject.

Sodexo informs you through posters about the composition of the meals, and about nutrition, Body Mass Index (BMI) and exercise tips. We also provide a Vitality corner on-site at your company cafeteria: an info stand manned by a dietician who can answer any food related questions. The brochure 'Vegetarianism' is part of a series of handy booklets, each covering a nutrition-related topic. Written in plain language, with figures that speak for themselves, and packed with handy tips and advice that you can put into practice immediately.

Vegetarians are no longer a rarity. Whether it is a question of ethical principles or health reasons, if you follow a vegetarian diet, you need to be well-informed. Not all the nutrients that are present in meat can easily be replaced. In this brochure, you can find out the correct way to develop a diet without meat, poultry, fish and/or eggs without risking nutritional deficiencies



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A. 1What is vegetarianism?

The term “vegetarian” was coined around 1842; it was derived from the Latin word “vegetus”, meaning strong, active and alive.

B. Different categories of vegetarianism

- **Lacto-ovo-vegetarian**
Strictly speaking, a vegetarian does not consume any product derived from a dead animal; this means that they eat neither fish nor meat, nor consume products such as gelatin. They usually eat some products from live animals, such as dairy products or eggs. The term ovo-lacto-vegetarian is interchangeable with “vegetarian” as the words “ovo” and “lacto” are the Latin terms for eggs and milk.
- **Lacto-vegetarian**
Vegetarians who eat dairy produce but not eggs are called “lacto-vegetarians”.
- **Ovo-vegetarian**
In this situation, the ovo-vegetarian will eat eggs but not dairy produce.
- **Pesco-vegetarian**
People who eat fish but not meat are not strictly speaking vegetarian by these definitions; there are however enough similarities for them to be included under the broad heading. These people are called pesco-vegetarians, after the Latin for fish.
- **Vegans**
Alongside these permutations is a strict form of vegetarianism called veganism. A vegan eats no food of any animal origin whatsoever. Dairy products, eggs and even honey are excluded from their diet. They may also refuse to use any product derived from animals such as fur, leather, silk or wool.
- **Semi-vegetarian**
Some people adhere in a half-hearted way to vegetarianism; these include a new and distinct group of “semi-vegetarians” or part-time vegetarians. They are “a bit” vegetarian. The half-hearted vegetarian occasionally eats some meat



C. Why be a vegetarian?

- **Respect for animals**

There are many reasons that may lead a person to change his diet and convert to vegetarianism. The most usual reason, especially among young people, is a dislike of animal suffering and a refusal to be involved in the killing of animals.

- **Health reasons**

A second major reason is the pursuit of a healthy lifestyle. People are arguably becoming more aware that the excessive consumption of meat may, due to its high saturated fat content, be a major contributing factor in the rise of cardiovascular disease and cancer, two of the major causes of death in our country.

- **Environment**

A third major driver for vegetarianism is environmental concerns. Land used for rearing stock feeds fewer people than if the same land had been used for food crops such as potatoes, soya, etc... Furthermore, livestock uses extremely large amounts of food; this is grown by razing tropical forests in Central and South America. Furthermore, livestock releases vast quantities of manure that then pollutes the water.

D. What are the benefits of a vegetarian diet?

A vegetarian diet implies a greater consumption of food of vegetable origin, such as fruit, vegetables, and whole grains. This increases the intake of glucose, fibre, vitamins and minerals, whilst reducing the intake of fats and cholesterol.



E. What are the main features of diet?

Food is the body's fuel: proteins, fats, glucose, vitamins and minerals. A vegetarian diet means far more than merely avoiding meat and fish. A balanced vegetarian diet is based on the principles of the food pyramid; care should be taken to choose good combinations of vegetable-based proteins that are equivalent to animal proteins.

- **Proteins**

Proteins are present in many different foods: grains (pasta, rice, bread), pulses (beans, lentils and peas), soya-based products such as tofu, tempeh, soya milk and seitan, potatoes and eggs. Vegetable proteins are less well absorbed than animal proteins because they lack certain amino acids. A complete protein must contain all eight amino acids in large enough quantities, as in eggs or milk. Eating food in combination, such as grains and pulses at the same time, will contribute the correct amino acids for the body. Grains tend to be low in lysine whilst pulses lack methionine.

Good combinations of proteins include:

- Grains+ pulses
- Corn + dairy products
- Grains + dairy products
- Oats + nuts
- Wheat + eggs
- Grains + vegetables
- Pulses + eggs
- Wheat + cheese
- Pulses + seeds + cereals

E.g: bread + lentils, semolina + chickpeas, rice + dried beans, pitta bread + hummus (chickpea paste)...



- **Vitamins**

Meat contains high levels of vitamin B12 but there is a lot less in food of vegetable origin. A vegan or strict vegetarian diet can give rise to a deficiency in this crucial vitamin. It will sometimes be necessary to take supplements if a person does not eat eggs or dairy produce, or during pregnancy.

Levels of folic acid (vitamin B9) are high in the vegetarian diet- this is a good thing. All other vitamins- A, B, C, D, E and K are present in copious amounts in fresh fruit and vegetables.

- **Minerals**

- Iron – there are particularly high levels in cabbage, cocoa and dried apricots.
- Calcium – there are especially high levels in leafy vegetables, parsley, nuts, walnuts, milk and cheese.
- Zinc – present in significant quantities in lentils, rice, pumpkin seeds and cheese.
- Iodine – present in seaweed and green vegetables.
- Magnesium – present in wheat germ and walnuts.

F. Everyday vegetarian cooking

The body needs a daily intake of protein, glucose, fats and vitamins. In practice, for a vegetarian, this means eating daily:

- several portions of raw vegetables plus at least one portion (300 g) of cooked vegetable
- 2 to 4 pieces of fruit
- 1 or 2 portions of protein of 50 to 65 grams portions of protein. E.g, $\frac{3}{4}$ grains + $\frac{1}{4}$ grains + meat substitute
- 1 portion of nuts (walnuts, hazelnuts, etc...)
- carbohydrates: 3 to 5 potatoes, 5 to 12 slices of bread



G. How to replace meat?

Fat content per 100 g	Soya based product	Pulses	Other
Less than 5 grams		Lentils, dried beans, chickpeas, etc...	Seitan (made from wheat), mycoproteins (such as Quorn®) seaweed, sprouts
Between 5.1 and 10 grams of fat	Tofu, tempeh		
Over 10 grams of fat		Nuts and seeds: almonds, cashew nuts, hazelnuts, pecans, linseed, sesame seed, pistachios, sunflower seeds, pine nuts	Eggs



H. A glossary of vegetarian terms

- **Barley**
A cereal rich in proteins, magnesium, iron and vitamin B1.
- **Bran**
A residue made from grinding cereals, rich in fibres.
- **Buckwheat**
Also known as black wheat, rich in calcium.
- **Bulgur**
Grains of hard germinated wheat, used as a starchy food.
- **Falafel**
Falafels are a very common culinary speciality throughout the Middle-East, consisting of balls of chickpeas and/or broad beans fried in oil.
- **Five cereals**
Mix of cereals used to make bread and muesli: wheat, rye, barley, oats and rice.
- **Germinated grains**
The plant that grows from a grain is called a “germ”: it is rich in vitamins B and C, minerals and oligoelements.
- **Gluten**
A bread-making protein present in wheat, oats, barley, rye and spelt. To be strictly avoided by persons suffering from Coeliac disease.
- **Gomasio**
Grilled sesame seeds mixed with salt.

- Iziki
A fibrous alga that grows in the Sea of Japan. Once cut and brought to the surface, it is dried in the sun. This black alga contains a lot of minerals. It can be eaten as a vegetable or incorporated into croquettes, soups or vegetable dishes
- Lentil
A pulse originating from Central Africa, very rich in proteins, fibres, iron and vitamin B1.
- Macadamia nut
Originating from Australia, this nut grows on tropical trees and is also known as a macadam nut or Queensland nut. The macadamia nut is rich in oil, minerals, carbohydrates, calcium, phosphorus, proteins and vitamins A, B1 and B2.
- Millet
An African cereal rich in phosphate and iron.
- Miso
A residue of tamari and shoyu, with rice or barley added; rich in minerals and proteins.
- Oats
A cereal rich in proteins and lipids, vitamins B1, B6, iron and magnesium.
- Pulses
Family of plants including shrubs, trees or herbs that produce fruits in the form of pods (soya, lentils, beans, chickpeas, etc.).
- Quinoa
A cereal from the Peruvian Andes, rich in proteins.
- Quorn
A vegetable product obtained by fermenting a natural fungus: *fusarium graminearum*. Low in fats, rich in fibres and without cholesterol.
- Rye
A cereal rich in B vitamins and mineral salts.

- Seitan
A concentrate of wheat proteins (gluten) obtained by separating the gluten from the starches of the wholegrain wheat. It is rich in proteins, devoid of fats and contains few calories.
- Shoyu
A sauce fermented from soya, wheat, sea salt and sea water.
- Soya
A pulse that is very rich in good quality proteins.
- Soya fibres
Obtained by texturing soya fibres.
- Spelt
A cereal, also known as dinkel. Can also be found under the name of spelta (spelt boulgour: germinated and cracked spelt).
- Tamari
Soya sauce made of soya, water and sea salt.
- Tempeh
Grains of fermented soya. When reconstituted, it can be served as it is, or either marinated or smoked.
- Tofu
Also known as soya cheese. It is obtained by curdling soya milk, and has few calories, no cholesterol and is rich in protein.
- Wakame
The Wakame (scientific name: *Undaria pinnatifida*) is an edible alga that is popular in Japanese cooking.
- Wheat
A cereal which can also be found under the name of couscous or bulgur.
- Wheatmeal
A flour that still contains a lot of fibres. It has a darker colour flour and gives a less elastic and more porous dough than white flour, and makes tastier bread..



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