



VEGETARIAN BASICS



Following some form of a vegetarian diet is becoming more and more common. For parents, a child who wants to follow a vegetarian diet brings concerns about whether or not they can meet their nutritional needs for normal growth and development. A vegetarian lifestyle can establish life-long healthful eating patterns if well planned following the MyPlate guidelines established for Americans.

There are four different types of vegetarian diets:

- **Strict Vegetarian or Vegan:** This diet includes only plant-based foods. It doesn't include any source of animal food sources, such as meat, fish, eggs and dairy products.
- **Lacto-vegetarian:** This diet includes all plant-based foods and dairy products. It doesn't include meat, fish and eggs.
- **Lacto-Ovo Vegetarian:** This diet includes all plant-based foods, dairy products and eggs. It doesn't include meat and fish.
- **Flexitarian:** This diet includes mostly plant-based foods and occasionally including eggs, fish, dairy products and meats.



AT HOME ACTIVITY

Challenge your family to meatless Mondays. For the next month eat meat free on Mondays. Remember there are many ways to include healthy proteins in our diets with eating meat. Try replacing the meat in lasagna or spaghetti with a meat by centering your meal around eggs, low-fat cottage cheese, beans, lentils or nuts. Include a generous serving of vegetables and fruits to balance out the meal.

JUST BREATHE



How you breathe can make a difference in how you feel. When you are stressed, nervous, frightened, worried or angry, you may notice that your breathing gets low and fast. You can learn to slow down your breathing, making each breath longer and deeper. This will calm the rest of your body and your mind. If you practice doing this you can become good at staying calm or return to feeling calm quickly in very stressful situations.