

Title:

Becoming Vegetarian

Word Count:

395

Summary:

Becoming a vegetarian can be as easy as you choose to make it. Whether you enjoy preparing del

Keywords:

Becoming vegetarian, vegetarianism, vegetarian types

Article Body:

Whatever your reasons are, you have decided to explore the interesting and exciting world of v

1. Lacto vegetarians- Their diet consists of no animal products, or eggs, but do include dairy

cheese, yogurt, etc.

2. Ovo-Vegetarians- Their diet consists of no animal or dairy products but will eat eggs.

3. Lacto-ovo vegetarians- As you may have already guessed; don't include any animal products i

dairy products and eggs.

4. Vegan- Their diet consists of only plant-based foods, which means it excludes everything th

If you haven't decided what kind of vegetarian you would like to be don't worry! Not everyone

Becoming a vegetarian can be as easy as you choose to make it. Whether you enjoy preparing del

-Ready-to-eat, whole-grain breakfast cereals, and quick-cooking whole-grain cereals such as oa

crackers, such as rye, whole wheat, and mixed grain and other grains such as barley and bulgur

-Canned beans, such as pinto, black beans, and garbanzo beans

-Rice (including brown, wild, etc.) and pasta (now available in whole wheat, spinach, and othe

-Vegetarian soups like lentil, navy bean, or minestrone

-A wide variety of plain frozen vegetables, and canned and frozen fruit

-Fortified soymilks and soy cheeses, should you choose to not eat dairy

-A wide variety of fresh fruits and vegetables, which should be the core of any diet

As you learn to experiment with foods and learn that a meatless diet doesn't have to lack vari

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