

Title:

Nothing Like A Vegetarian Diet

Word Count:

792

Summary:

These days you will find many people looking for options for making their diet rich in nutrients

Keywords:

vegetarian diets

Article Body:

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The food pyramid

The food pyramid is in a triangular shape that highlights what all you need to focus on when you

1. Eat as much fruits as possible with fresh vegetables and whole grains
2. Reduce the intake of trans fat, saturated fat, and cholesterol as much as possible
3. Limit the intake of salt and sweets
4. Avoid alcohol or drink in moderation
5. Control the total number of calories consumed by you on a daily basis
6. Physical activity is a must

Foods mentioned in a food pyramid are always defined under different categories like meat, poultry,

One of the best ways to take care of your nutritional needs is through a well-planned vegetarian diet.

There are four main categories of vegetarians and they are:

- i. Flexitarians: These people are also known as semi-vegetarians and they follow a plant-based diet.
- ii. Vegans: Vegans are pure vegetarians who will consume only plant-based foods. They will not consume any animal products.
- iii. Lacto-ovo vegetarians: This comprises of people who consume milk, eggs, and any milk products.
- iv. Lacto-vegetarians: Lacto-vegetarians consume only milk and milk based products apart from eggs.

A healthy diet is generally restrictive in nature and most often than not it will require you to

- i. Protein: The human body requires a lot of protein for maintain healthy bones, skin, muscles, and other organs.
- ii. Vitamin B-12: The human body requires vitamin B-12 for producing red blood cells and to prevent anemia.
- iii. Calcium: Calcium is required mostly for strengthening the bones and to make the teeth strong.
- iv. Iron: Iron is a crucial nutrient that is required for red blood cells. You can consume iron from plant-based sources like lentils, chickpeas, and spinach.
- v. Zinc: This is an important nutrient that builds enzymes in the human body for enhancing the immune system.

If you consume these fibrous fruits then it will ensure a healthy life for you.

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