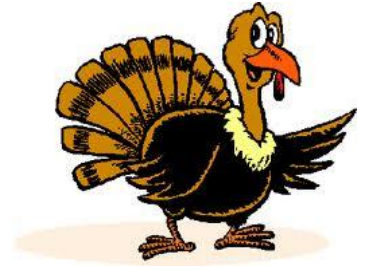


Nutrition



Nov 2011

Nibblits

No meat for me...

More young people are choosing to go meatless. This can be a very healthy way of eating. It just takes a little bit of planning.

The key is variety. To get the nutrients you need you should eat a variety of different fruits, vegetables, whole grain products, dairy, nuts, seeds, and beans.

There are different types of diets that do not contain meat; here are some different types of meat free diets:

- Total Vegetarians eat only plant food
- Vegans not only omit all animal products but also eliminate animal products from the rest of their life. Vegans use nothing from animals such as leather, wool or silk.
- Lacto-Vegetarians will include dairy products into their diet of plant food
- Lacto-Ovo-Vegetarians eat both eggs and dairy products
- Pesco-Vegetarians include fish into their diets
- Pollo-Vegetarians eat poultry, such as chicken, turkey and duck

Food Focus -

Carrots

Carrots are an excellent source of Vitamin A, which is needed for healthy eyesight, skin, growth, and fighting infection. Their sweet taste makes them a great snack when eaten raw and a tasty addition to a variety of cooked dishes.

Carrot Nutrition Facts*

(1 cup chopped)

Calories 52	Calcium 4%
Protein 1 grams	Iron 2%
Carbohydrate 12 grams	Vitamin C 13%
Dietary Fiber 4 grams	Vitamin A 428%

* Based on a 2,000 calorie diet

Try Carrots:

- Dipped raw into light dressing or dip
- Oven roasted carrot sticks or baby carrots instead of French fries
- Add shredded carrots to salads, sandwiches, or as a garnish for tacos
- Steamed or boiled, and sprinkled with your favorite salt-free seasoning

