



eatWell
@ Stanford
R&DE Stanford Dining

**GUIDE TO
Vegetarian
& Vegan Dining**

NUTRITIONAL CONSIDERATIONS

It can be more challenging to get all of the nutrients you need when limiting or eliminating foods from animal sources. This is particularly true with vegan diets, where all animal foods are removed.



PROTEIN is an essential macronutrient that contributes to healthy cell growth, function and repair. Those eating a vegetarian or vegan diet should aim to eat high-protein plant foods with every meal and incorporate a variety of protein sources throughout the day. You'll find

a number of plant-based protein options in the dining halls including beans, lentils, tofu, whole grains, nuts/seeds, plant-based burgers and meat alternatives.



VITAMIN B12 is an essential vitamin that supports red blood cell formation and nerve function. This vitamin is especially important for vegetarians and vegans to be aware of as it is only found naturally from animal sources. Vegetarians can find B12 in eggs (primarily the

yolks) and dairy products. Vegans must get B12 from fortified foods (such as some cereals, breads and milk alternatives) or B12 supplements.



IRON is an essential mineral for blood production and those eating a vegetarian or vegan diet, particularly women, are at higher risk for iron-deficiency anemia. This is because heme iron, a form of iron more readily absorbed by the body, is exclusively found in animal foods.

Plant foods contain non-heme iron, which is harder for the body to absorb. Absorption can be increased by pairing high-iron plant foods, like fortified breakfast cereals, leafy greens, beans, and tofu, with foods that are high in vitamin C such as citrus fruit, strawberries, bell peppers, broccoli and tomatoes.



CALCIUM plays an important role in bone health and supports vascular, muscle and nerve function. It is important to incorporate a variety of calcium sources into your diet. Vegetarians can include dairy sources such as milk, yogurt and cottage cheese, but a number of plant

foods are good sources of calcium as well including tofu, fortified milk alternatives, fortified cereals, fortified orange juice, dark leafy greens, beans and nuts.

OVERVIEW

R&DE Stanford Dining offers a variety of plant-forward options in every dining hall each day. On average, over 75% of our menu is vegetarian and we have been awarded an A+ rating for vegan dining by Peta(2). We have chefs specializing in vegan and vegetarian cuisine who create new globally inspired dishes for the menu throughout the year. All vegetarian and vegan options are clearly labeled (V=Vegetarian, VGN=Vegan). We interpret vegetarian as lacto-ovo-vegetarian (includes eggs and dairy but no meat, poultry or seafood) and vegan to be free from all animal products (including honey). To see the selection of vegetarian and vegan items offered in your dining hall, visit our online menus at rdeapps.stanford.edu/dininghallmenu.



BENEFITS OF A PLANT-FORWARD DIET

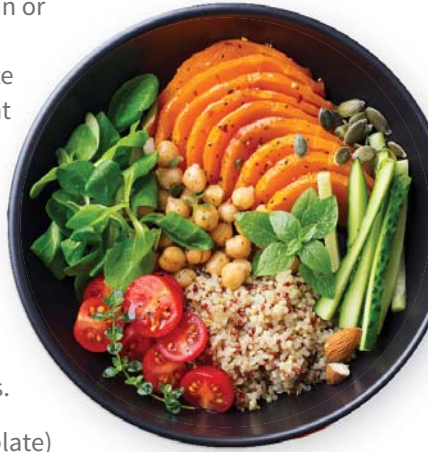
Adopting a plant-forward diet (including, but not limited to vegetarian or vegan diets), or simply increasing the proportion of your diet that contains plant foods can have a number of environmental and health benefits. It's important to note that the greatest benefits come from eating a balanced plant-forward diet that includes a wide variety of minimally-processed foods including beans/legumes, whole grains, nuts/seeds, vegetables, fruits and healthy fats.

ARE MEAT ALTERNATIVES HEALTHY?

The popularity of meat alternatives has been on the rise, especially for those who eat a vegetarian or vegan diet. The quality of meat alternatives varies widely, but some have gained criticism for being highly processed and containing greater amounts of sodium, saturated fat, and additives than their meat counterparts. While meat alternatives are generally considered to be more environmentally-friendly than meat, they are more resource intensive than less processed (and often more nutritious) plant-based foods like beans/legumes, whole grains and nuts/seeds. The bottom line is that meat alternatives are best eaten in moderation and should not displace healthier, less processed, plant-forward foods as part of a balanced vegetarian or vegan diet.

BUILDING A BALANCED PLATE

Eating a nutritious vegetarian or vegan meal can be easy and delicious! Our balanced plate guide is a good starting point for building a balanced meal. Keep in mind that your nutritional and energy requirements may vary, so the quantities and proportions of foods from each category may be different to meet your needs.



PROTEIN FOODS (¼ of the plate)

- Tofu
- Beans
- Lentils
- Hummus
- Nuts/seeds (peanut butter, flaxseeds, pumpkin seeds, sunflower seeds, sunflower seed butter)
- Edamame
- Veggie burger
- Meat alternatives
- Eggs*
- Milk*
- Yogurt*
- Cottage cheese*

WHOLE GRAINS AND STARCHES (¼ of the plate)

- Brown rice
- Quinoa
- Whole grain blends
- Pasta
- Oats
- Sweet potatoes
- Fortified whole grain cereals and bread

VEGETABLES (½ of the plate)

- Dark leafy greens: kale, spinach, collard greens
- Broccoli
- Cauliflower
- Tomatoes
- Bell peppers
- Mushrooms

HEALTHY FATS (in moderation)

- Dressings and vinaigrettes
- Olive oil
- Canola oil
- Avocado
- Nuts/seeds (peanut butter, flaxseeds, pumpkin seeds, sunflower seeds, sunflower seed butter)

NOTE: All items are vegan, unless denoted with an () for vegetarian only items.*

EMBRACE YOUR INNER CHEF

Whether eating in the dining halls, or preparing meals at home, you can easily create delicious and nutritious vegetarian or vegan meals. In addition to always featuring a vegan and vegetarian entree, the dining halls have a variety of options for you to build your own grain bowl, salad, pasta dish, wrap or sandwich. Below are some ideas to help kickstart your creativity.



PROTEIN-PACKED OAT BOWL:

Mix steel cut oatmeal with ground flaxseeds, sunflower seeds and dried fruit. Swirl in some peanut or sunflower seed butter and finish with a splash of soy, almond or regular milk.



IRON-BOOSTING SALAD:

Toss spinach and kale together then top with garbanzo beans, tomatoes, bell peppers, sunflower seeds, and quinoa. Drizzle with your favorite vinaigrette and top with diced tofu or hard-boiled egg.



SAVORY AND SWEET GRAIN BOWL:

Layer brown rice or quinoa with sweet potatoes, black beans, bell peppers, broccoli and kale. Top with a sprinkle of pumpkin seeds or feta cheese and a dollop of hummus. Drizzle with your favorite vinaigrette.



VEGGIE-POWERED PASTA BOWL:

Toss pasta with marinara sauce, spinach, bell peppers and mushrooms, then top with crumbled veggie burger or tofu.



HUMMUS WRAP OR SANDWICH:

Spread whole wheat wrap or bread with hummus then top with tomatoes, cucumber, spinach, olives, red onion and sunflower seeds or feta cheese.

For more information on vegetarian or vegan dining, or other nutrition information, contact R&DE Stanford Dining's nutrition team at nutritionist@stanford.edu.