



NOURISHMENT IMPROVISATION IN VEGETARIAN AND VEGAN DIET

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Abstract:

As we know it, multiple dietary choices are available with benefits and some of their drawbacks. The perfect diet is when all of the necessary nutrients are derived from the food. There are many reasons why people choose to go vegetarian or vegan. Some are compelled by the environmental impact of confinement animal feeding operations (CAFO). Others are guided by ethical concerns or religious reasons. We should respect these reasons and appreciate anyone who thinks deeply about the social and spiritual impact of their food choices—even if our own exploration of these questions has led us to a different answer. The aim of this paper is to differentiate between vegan and vegetarian diet and its impact on human health. However, health of a person might be the most common reason to choose become a vegetarian or vegan. But due to personal beliefs about animals differ and world hunger remains a remote reality to most people in industrialized nations, people do respond readily to the idea of personal benefit. A well-planned vegetarian diet can meet the needs of people of all ages, including children, teenagers, and pregnant or breast-feeding women. The key is to be aware of your nutritional needs so that you plan a diet that meets them. A vegan diet is a mere version of vegetarianism in which any followers should not harm any animal by any means.

Keywords: Diet, Vegetarian, Vegan, Health, Nourishment, Improvisation

Introduction:

The key to a healthy vegetarian diet — like any diet — is to enjoy a variety of foods. No single food can provide all the nutrients your body needs. The more restrictive your diet is, the more challenging it can be to get all the nutrients you need. A vegan diet, for example, eliminates natural food sources of vitamin B-12, as well as milk products, which are good sources of calcium.

However, if you follow a vegan diet you can still look after your heart by eating at least five portions of a variety of fruit and vegetables a day, by cutting down on food that is high in saturated fat and watching how much salt you eat.

“The Veganism is a philosophy and a way of living that seeks to exclude, as far as practicable, all forms of exploitation and cruelty to animals, whether for food, clothing, or any other purpose; and by extension, veganism supports and encourages the development and implementation of alternative work without the use of animals for the benefit of humans, animals and the environment”.

Being vegan is an ethical choice, and a daily practice in which the respect for life, based on non-violence, peace and compassion for all sensitive beings are set in real motion. Someone living purely on ready salted crisps or chips, for example, would be technically following a vegan diet, but it would in no way be healthy.

A diet without any meat or dairy products is likely to contain a lot less saturated fat, which is related to increased cholesterol

levels and increased risk of heart disease. We also know that fat contains more calories per gram than other foods, and so vegans may consume fewer calories as a result. Finally, a vegan diet is generally thought to contain more cereals, fruits, vegetables, nuts and seeds than a non-vegan diet.

Objectives:

1. To know the meaning of vegetarian diet and vegan diet.
2. To understand the importance of nutrient flourished diet.
3. How to make a vegetarian diet a balanced and healthy.

Method and Materials:

1. Broadly defined, a vegetarian is a person who does not eat meat, poultry, and fish. Vegetarians eat mainly fruit, vegetables, legumes, grains, seeds, and nuts. Many vegetarians eat eggs and/or dairy products but avoid hidden animal products such as beef and chicken stocks, lard, and gelatin.

People are vegetarians for many reasons, including concern for personal health and the environment, economic and world hunger concerns, compassion for animals, belief in nonviolence, food preferences, or spiritual reasons. People may become vegetarians for one reason, and then later on adopt some of the other reasons as well. Vegetarian diets are somewhat more common among adolescents with eating disorders than in the general population.

A vegan being strict vegetarian, expanding its active compassion for all of his life, and is careful to not use products of animal suffering, whether for his clothes, his shoes, products or objects he uses, leisure, etc. It therefore uses no animal products: neither leather nor wool nor fur, nor cosmetics or household products tested on animals. People are vegetarians for many reasons, including concern for personal health and the environment, economic and world hunger concerns, compassion for animals, belief in nonviolence, food preferences, or spiritual reasons. A vegan does not hunt, doesn't go fishing, refuse Marine lands or bullfights, choose circuses without animals and more generally, a vegan agreeing to use in his life, only products that are not from the suffering of an animal. This lifestyle remains an ideal, and it is up to everyone to tender according to his abilities

2. The key to a healthy vegetarian diet — like any diet — is to enjoy a variety of foods. No single food can provide all the nutrients your body needs. The more restrictive your diet is, the more challenging it can be to get all the nutrients you need. A vegan diet, for example, eliminates natural food sources of vitamin B-12, as well as milk products, which are good sources of calcium.

With a little planning, however, you can be sure that your diet includes everything your body needs. Pay special attention to the following nutrients:

- **Calcium** helps build and maintain strong teeth and bones. Milk and dairy foods are highest in calcium. However, dark green vegetables, such as turnip and collard greens, kale and broccoli, are good plant sources when eaten in sufficient quantities. Calcium-enriched and fortified products, including juices, cereals, soy milk, soy yogurt and tofu, are other options.
- **Iodine** is a component in thyroid hormones, which help regulate metabolism, growth and function of key organs. Vegans may not get enough iodine and be at risk of deficiency and possibly even a goiter. In addition, foods such as soybeans, cruciferous vegetables and sweet potatoes may promote a goiter. However, just 1/4 teaspoon of iodized salt provides a significant amount of iodine.
- **Iron** is a crucial component of red blood cells. Dried beans and peas, lentils, enriched cereals, whole-grain products, dark leafy green vegetables and dried fruit are good sources of iron. Because iron isn't as easily absorbed from plant sources, the

recommended intake of iron for vegetarians is almost double that recommended for non-vegetarians. To help your body absorb iron, eat foods rich in vitamin C, such as strawberries, citrus fruits, tomatoes, cabbage and broccoli, at the same time as you're eating iron-containing foods.

- **Omega-3 fatty acids** are important for heart health. Diets that do not include fish and eggs are generally low in active forms of omega-3 fatty acids. Canola oil, soy oil, walnuts, ground flaxseed and soybeans are good sources of essential fatty acids. However, because conversion of plant-based omega-3 to the types used by humans is inefficient, you may want to consider fortified products or supplements, or both.
- **Protein** helps maintain healthy skin, bones, muscles and organs. Eggs and dairy products are good sources, and you don't need to eat large amounts to meet your protein needs. You can also get sufficient protein from plant-based foods if you eat a variety of them throughout the day. Plant sources include soy products and meat substitutes, legumes, lentils, nuts, seeds and whole grains.
- **Vitamin B-12** is necessary to produce red blood cells and prevent anemia. This vitamin is found almost exclusively in animal products, so it can be difficult to get enough B-12 on a vegan diet. Vitamin B-12 deficiency may go undetected in people who eat a vegan diet. This is because the vegan diet is rich in a vitamin called folate, which may mask deficiency in vitamin B-12 until severe problems occur. For this reason, it's important for vegans to consider vitamin supplements, vitamin-enriched cereals and fortified soy products.
- **Vitamin D** plays an important role in bone health. Vitamin D is added to cow's milk, some brands of soy and rice milk, and some cereals and margarines. Be sure to check food labels. If you don't eat enough fortified foods and have limited sun exposure, you may need a vitamin D supplement (one derived from plants).

Vegetarian diets can be very healthy and may even lower the risk of heart disease, Type 2 diabetes, and cancer. However, eating a balanced diet when you are vegetarian usually requires a little extra attention. Because vegetarians take out certain foods from their diets, they often need to work to add in foods that will provide the nutrients found in meat products.

3. Fruits and vegetables are an important part of any balanced diet. But nutrition experts also recommend eating a certain number of servings of meat and dairy products each day. It’s not surprising that many people who are considering becoming vegetarians hesitate because they fear that they will not get adequate nutrition. The truth is that vegetarians can eat balanced diets too. It takes careful planning, but it’s not as difficult as one might imagine. The key to eating a balanced diet as a vegetarian is to know what foods give you the vitamins and nutrients that most people get from animal sources.

Calcium

Calcium is important because it strengthens our bones. Most people associate calcium with milk and cheese, but these are not the only sources of the important mineral. There are many vegetables that contain calcium.

[Leafy green vegetables](#) are one of the most popular sources of calcium among vegetarians. Broccoli and beans are also rich in calcium. Soy products provide lots of calcium as well, as do fortified fruit juices.

Protein

A common myth about vegetarianism is that it is extremely difficult to get enough protein. The fact is that although vegetarians usually eat less protein than those whose diet includes meats, meat-eaters often eat too much protein. Plant proteins can also be healthier, because they do not come with the large amounts of fat and cholesterol that animal proteins sometimes do. Beans are a great source of protein for vegetarians.

Grains, nuts, and seeds are also protein-rich. Even many vegetables, such as corn, provide a large amount of protein.

Here’s a list of vegetarian foods that complement each other:

- Grains with legumes (e.g. beans and rice);
- Milk with grains (e.g. milk and cereal)
- Grains with nuts/seeds (e.g. rice with almond slivers);
- Milk with legumes (milk in lentil or pea soup);
- Legumes with nuts/seeds (sunflower seeds and peanuts).

Vitamins

One thing that vegetarians usually get plenty of is vitamins. Fruits and vegetables are loaded with them, and many of these foods have several different vitamins in one delicious package. But there are a few vitamins that vegetarians need to take extra care to include in their diets:

- **Vitamin B12** is one important vitamin that is usually obtained through meat, eggs or dairy products. Lacto and ovo-lacto vegetarians do not need to worry about getting enough B12 in their diets. Vegans, on the other hand, might want to consider taking B12 supplements.
- **Vitamin D** is also often lacking in vegan diets. Those who consume dairy products that are fortified with Vitamin D do not have to worry about it, but strict vegans usually don’t get much of the important nutrient. Two solutions are to get plenty of sunshine, which causes our bodies to create Vitamin D on their own, or to take Vitamin D supplement.

Macronutrient	Source	Consumption
Iron	Fortified breakfast cereals, bread, tofu, tempeh, textured vegetable protein, ready-made nut, soy or wheat-derived meat alternatives, legumes, dried beans, soy foods, nuts, dried fruits, leafy green vegetables.	Vitamin C enhances iron absorption so combine these foods with fresh fruits, vegetables or juices rich in Vitamin C. Avoid tea or coffee with these foods, as well as unprocessed bran as these inhibit iron absorption.
Zinc	Legumes, whole grains, cereals, nuts, seeds, soy and dairy products.	Combining these foods with Vitamin C enhances Zinc absorption, as does soaking beans, grains and seeds before eating.
Vitamin B12	Dairy products, eggs, fortified soy milk and cereals	
Vitamin D	Dairy products, eggs, fortified soy milk	
Riboflavin	Dairy products, soy milk, soy cheese,	
Calcium	Dairy products, calcium-fortified soy	

Figure 1

Conclusion:

For the last fifty years, we've been told that meat, eggs and animal fats are bad for us and that we'll live longer and enjoy superior health if we minimize or avoid them. This idea has been so thoroughly drilled into our head that few people even question it anymore. In fact, if you asked the average person on the street whether a vegetarian or vegan diet is healthier than an omnivorous diet, they'd probably say yes. But is this really true?

Plant-based diets emphasize vegetables, which are quite nutrient dense, and fruits, which are somewhat nutrient dense. However, they also typically include large amounts of cereal grains (refined and unrefined) and legumes, both of which are low in bioavailable nutrients and high in anti-nutrients such as phytate, and they eschew organ meats, meats, fish and shellfish, which are among the most nutrient-dense foods you can eat.

Vegan diets, in particular, are almost completely devoid of certain nutrients that are crucial for physiological function. Several studies have shown that both vegetarians and vegans are prone to vitamins like A & D.

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