



## Note vegetarian diet 素食飲食注意事項(英文)

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Vegetarian diet refers to diet that does not contain meat, fish, and other animalistic food. Vegetarian diet is divided into 2 types according to its restrictions over food choices:

- Pure vegetarian diet is to consume non-animal food like meat, fish, milk, and eggs.
- Lacto-vegetarian diet is to consume non-animal food except milk, eggs, and food produced from milk and eggs.

### General principles:

1. Widely use or select diverse unprocessed foods to complement protein deficiency we need as nutrition. For example, cook yellow soy beans with grains of rice because yellow soy bean is a kind of economical high quality protein sources.
2. Milk and eggs are not only top quality protein but also good sources for vitamin B12. Pure vegetarian eaters should intake vitamin B12 as well.
3. Select multiple vegetable and fruit for your diet, so they could supply numerous vitamins and minerals needed for our body. Most citrus fruits contain rich vitamin C to assist iron absorption.
4. Watch out for the calorie intake of nuts related food; reduce intake of non-nutritional but high caloric food like candy and soft drink to prevent obesity.
5. There should be changes of your diet; give yourself plenty of food to select from; stay nutrition-balanced; and avoid sticking to certain types of food.
6. Pure vegetarians should contain plenty of vitamin supplements and avoid over exposing to sun in order to enhance absorption of high calcium.
7. Avoid excessive ingestion of high oil, high-salt processed vegetarian products, like tofu-made ham, sausage, or related products;

- consume natural foods.
8. Do not consume excessive fat instead have less high-temperature fried foods.

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若有任何疑問，請不吝與我們聯絡  
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