



Vegetarian and Vegan Info

Andrew Kerr & Andy Owens

What is Vegetariaism and/or Veganism

- Vegetarianism is the practice of abstaining from the consumption of meat (red meat, poultry, seafood, and the flesh of any other animal).
- Veganism is the practice of abstaining from the use of animal products, particularly in diet, and an associated philosophy that rejects the commodity status of animals. A follower of the diet or the philosophy is known as a vegan.

Protein: Duhhh Facts

- Calculating protein intake per person is not static. It is in flux based on one's weight.
- Recommended Dietary Allowance (RDA) per day is

****0.8g per 1KG (2.2lbs)****

ex. - 150lbs person = 54.43g

- 180lbs person = 65.31g

- 210lbs person = 76.20g

- 240lbs person = 87.08g

- 270lbs person = 97.98g

****Consider 10g extra per day, per 30lbs****

For your Consideration

- Those above the age of 65 should consider eating more protein
- Spreading out intake. Balance protein servings at each meal, and NOT all at once.
- Generally 25g is most effective for digestion. Past that quantity, more protein is converted to fat.
- Visualize $\frac{1}{4}$ per plate with the main protein serving.

FOOD	AMOUNT	PROTEIN (gm/100 cal)	PROTEIN
	(gm)		
Tempeh	1 cup	34	10.6
Soybeans, cooked	1 cup	31	10.6
Seitan	3 ounces	21	15.6
Lentils, cooked	1 cup	18	7.8
Black beans, cooked	1 cup	15	6.7
Kidney beans, cooked	1 cup	15	6.8
Chickpeas, cooked	1 cup	15	5.4
Pinto beans, cooked	1 cup	15	6.3
Lima beans, cooked	1 cup	15	6.8
Veggie burger	1 patty	15	10.7
Black-eyed peas, cooked	1 cup	13	6.7
Veggie baked beans	1 cup	12	5.0
Tofu, extra firm	4 ounces	12	11.2
Textured Vegetable Protein (TVP), cooked	1/2 cup	12	15.0
Bagel	1 med.	11	4.1
Tofu, regular	4 ounces	10	10.7
Veggie dog	1 link	10	20.0
Peas, cooked	1 cup	9	6.4
Quinoa, cooked	1 cup	8	3.7
Peanut butter	2 Tbsp	8	4.1

FOOD	AMOUNT	PROTEIN	PROTEIN	
	(gm)	(gm/100 cal)		
Almonds	1/4 cup		8	3.7
Whole wheat bread	2 slices	8	5.4	
Soy milk, commercial,	1 cup	6.6		
Spaghetti, cooked	1 cup	7	3.7	
Almond butter	2 Tbsp	7	3.4	
Soy yogurt, plain	8 ounces	6	4.0	
Bulgur, cooked	1 cup	6	3.7	
Sunflower seeds	1/4 cup	6	3.3	
Cashews	1/4 cup	5	2.9	
Spinach, cooked	1 cup	5	13.0	
Broccoli, cooked	1 cup	4	6.7	

Demonstration Menu

- Cold Breakfast Item – Overnight Oats
- Hot breakfast Item – Vegan French Toast
- Tea Goodie – BBQ pulled Jackfruit
- Entree – Vegan Arancini
- Entree – Dupuy Lentil and Walnut loaf, w/ wild mushroom gravy