

Pathfinder's Name

Nutrition

- ☐ 1. Describe the food pyramid guide.

List the number of servings required from each group per day.

Food Pyramid	Number of servings
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____

Why is it important to eat a balanced diet?

- ☐ 2. Explain the difference between the following:

Lacto-ovo vegetarian _____

Ovo vegetarian _____

Vegan vegetarian _____

- ☐ 3. Plan a two-day menu, containing a balanced lacto-ovo vegetarian diet utilizing the food pyramid guide. (Complete chart)

- ☐ 4. What is another name for

Vitamin B1 _____

Vitamin B2 _____

- ☐ 5. List at least three significant food sources of the following nutrients:

	Source 1	Source 2	Source 3
Vitamin C	_____	_____	_____
Vitamin A	_____	_____	_____
Vitamin B1	_____	_____	_____
Vitamin B2	_____	_____	_____
Iron	_____	_____	_____
Calcium	_____	_____	_____

- ☐ 6. Why is it important to drink plenty of water every day?

How much water should you drink every day?

- ☐ 7. Name three common diseases that can be controlled by diet.

1. _____ 3. _____

2. _____

- ☐ 8. What is the difference between whole wheat flour and white flour.

Whole wheat flour _____

White flour _____

Which one has the higher nutritive value?

- ☐ 9. What does RDA stand for?

What does it mean?

- ☐ 10. Why is it important not to take excessive amounts of some vitamins and minerals?

Date completed _____

Instructor's Signature _____

**Nutrition
2002 Edition**

The Vegetarian Food Pyramid

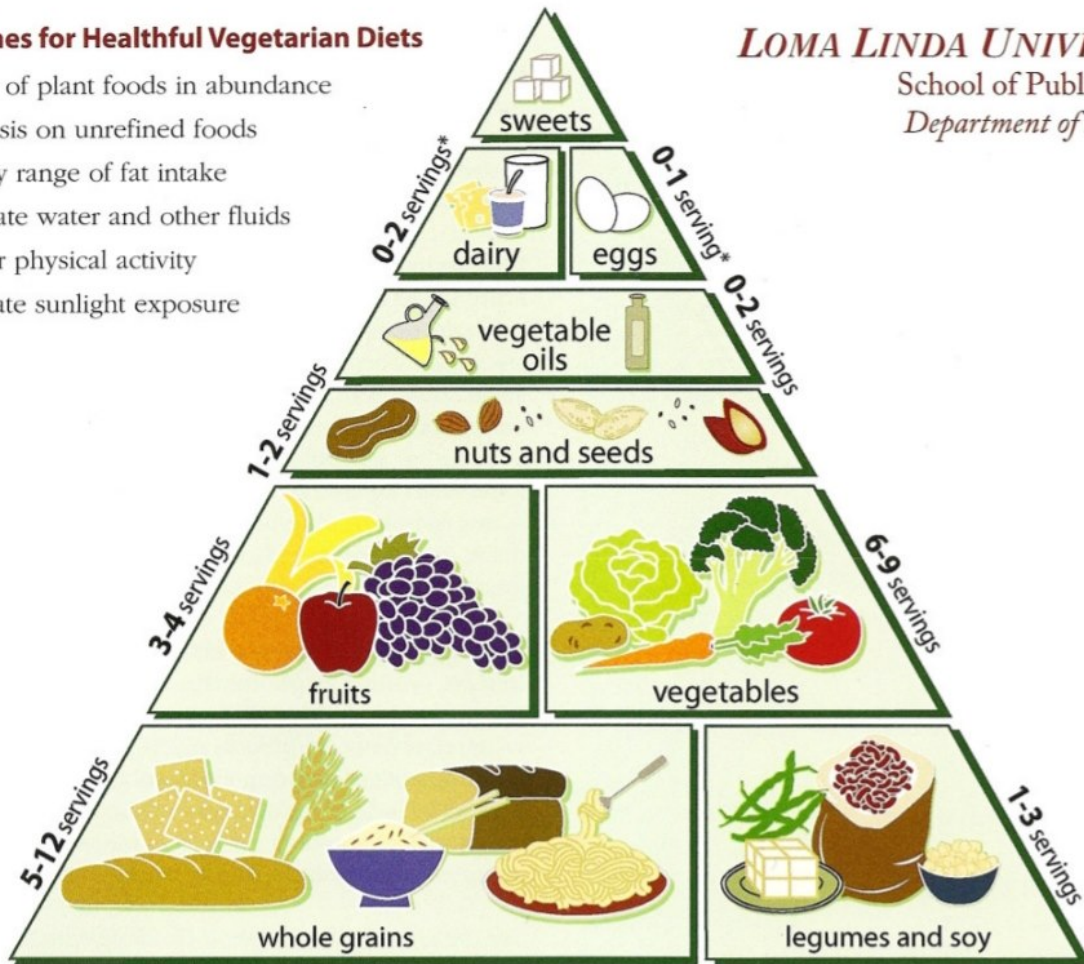
Guidelines for Healthful Vegetarian Diets

- Variety of plant foods in abundance
- Emphasis on unrefined foods
- Healthy range of fat intake
- Adequate water and other fluids
- Regular physical activity
- Moderate sunlight exposure

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* A reliable source of vitamin B12 should be included if no dairy or eggs are consumed.

Other Lifestyle Recommendations



Daily Exercise



Water—eight, 8 oz. glasses per day



Sunlight—10 minutes a day to activate vitamin D

Calories/day ►	1600kcal/day	2000kcal/day	2500kcal/day	1600kcal/day	2000kcal/day	2500kcal/day
Food Groups	vegan servings/day			lacto-ovo servings/day		
Whole Grains	5	7	12	5	6	9
Legumes and Soy	3	3	3	3	3	3
Vegetables	6	8	9	6	8	9
Fruits	3	4	4	3	4	4
Nuts and Seeds	2	2	2	1	1	2
Vegetable Oils	1	2	2	1	2	2
Dairy Products	0	0	0	2	2	2
Eggs	0	0	0	1/2 egg	1/2 egg	1/2 egg
Sweets	Optional					