

Department of
NUTRITION AND DIETETICS

Vegetarian Diet



About Vegetarian Diets

Understanding About Vegetarian Diets

A vegetarian diet typically refers to a diet that does not include any animal sources of food. There are many different types of vegetarian diets - such as vegan, lacto-vegetarian, ovo-vegetarian and lacto-ovo-vegetarian.

Basic Dietary Guidelines



Vegetarians should follow the My Healthy Plate dietary recommendation to achieve a well balanced diet and eat a wide variety of foods.

Plant proteins do not contain all the essential amino acids, which are nutrients that cannot be made by the body and can only be obtained from food.

Hence, it is important to combine two or more plant groups at each meal. For example, combine grains and legumes (brown rice & bean curd), or nuts and grains (peanut butter & wholegrain bread).

Important Nutrients - Protein

Vegetarians are at risk of obtaining inadequate nutrients such as protein, iron, calcium, vitamin D and vitamin B12. More information will be elaborated in the following pages.

Protein

Essential for growth and maintenance of healthy skin, bones, muscles and organs.

Recommended Dietary Allowance

For males and females 18 years and above: ~40 – 60g per day

Sources (Amount of Protein in grams)



1 Block Tau Kwa,
~200g Weight
(~20g)



1 Block
Silken Tofu
(~13g)



½ Cup Boiled
Kidney Beans
(~7g)



3 Tablespoon of
Pumpkin Seeds
(~7g)



1 Hard
Boiled Egg
(~7g)



½ Cup Cooked
Chickpeas/ Lentils
(~7g)



200ml
Cow's Milk*
(~7g)



2 Tablespoon of
Peanut Butter
(~7g)



200ml
Soy Milk
(~6g)



1 Handful Of
Almonds / Walnuts
(~6g)

Important Nutrients - Iron

Iron

Iron is a crucial component of red blood cells. To increase iron absorption, consume foods rich in vitamin C together with the following plant-based iron sources, e.g. 1 serving of fruit (1 medium apple or orange).

Recommended Dietary Allowance

For males 18 years and above: 8mg

For females aged 18 to 60 years: 18mg

For females above 60 years: 8mg

Sources (Amount of Iron)



¾ Cup Raw Soybeans (~8mg)



½ Cup Cooked Spinach (~4mg)



¾ Cup Cooked Kidney Beans (~4mg)



1 Block Silken Tofu (~3mg)



1 Cup Raw Fortified Cereal (~3mg)



¾ Cup Cooked Lentils (~3mg)



1 Handful of Raw Sunflower Seeds (~2mg)



1 Handful of Cashews (~2mg)



½ Cup Cooked Bok Choy (~1.5mg)



½ Cup Cooked Rolled Oats (~1.2mg)

Other Sources / Amount of Iron:

- 1 Tablespoon of Raw Mustard Seeds (~1.1mg)
- ½ Cup Boiled Quinoa (~1mg)
- 1 Hard Boiled Egg (~1.2mg)

Important Nutrients - Calcium

Calcium

Calcium builds and maintains strong bones and teeth.

Recommended Dietary Allowance

For males and females between 19 to 50 years: 800 mg

For males and females above 50 years: 1000 mg

Sources (Amount of Calcium)



1 Block Tau Kwa,
~200g Weight
(~500mg)



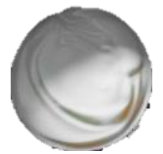
1 Cup
High-Calcium
Cow's Milk*
(~500mg)



1 Cup Calcium
Fortified
Soy Milk
(~500mg)



1 Cup Calcium
Fortified
Oat Milk
(~230mg)



½ Cup Plain
Yoghurt*
(~200mg)



1 Slice Calcium
Fortified Bread*
(~180mg)



1 Slice Cheddar
Cheese*
(~180mg)



½ Cup Cooked
Spinach
(~140mg)



½ Cup Cooked
Bok Choy
(~80mg)



1 Handful of
Dried Figs
(~80mg)

Other Sources / Amount of Calcium:

- ½ Cup Cooked Lady's Fingers (~80mg)
- ½ Cup Cooked Broccoli (~45mg)
- 1 Handful of Raw Almonds (~30mg)

*Contains dairy

Important Nutrients – Vitamin B12

Vitamin B12

Vitamin B12 is needed for production of red blood cells and DNA, the genetic material in our cells.

Recommended Dietary Allowance

For males and females 18 years and above: 2.4mcg

Sources (Amount of Vitamin B12)



1 Cup Vitamin B12 Fortified Soy Milk (~2.0 Mcg)



1 Cup Vitamin B12 Fortified Cereal (~1.8 Mcg)



1 Cup Vitamin B12 Fortified Almond Milk (~1.0 Mcg)



1 Cup Vitamin B12 Fortified Cow's Milk* (~0.6 Mcg)



1 Hard Boiled Egg (~0.6mcg)



½ Cup Plain Yoghurt* (~0.5 Mcg)



1 Slice Vitamin B12 Fortified Cheese* (~0.4 Mcg)



1 Piece Cooked Tempeh (~0.13 Mcg)

* Contains dairy

Important Nutrients - Vitamin D

Vitamin D

Vitamin D helps the body to absorb calcium.

To meet your vitamin D needs, be exposed to the sun at least twice a week for 5 – 30 minutes, ideally between 10.00am – 3.00pm.

It is encouraged to consume a variety of vitamin D sources, but there are **no strict nutrient requirements to be met.**

Sources



Vitamin D
Fortified Margarine



Egg Yolk



Vitamin D
Fortified Cereal



Vitamin D
Fortified Cheese*



Soy Milk



Vitamin D
Fortified Milk*

** Contains dairy*

Sample Meal Plan

Here is a sample meal plan that follows the recommended portions according to my Healthy Plate, while meeting the recommended dietary allowances of iron, calcium and vitamin B12.

Breakfast	2 slices wholegrain bread with 1 tablespoon peanut butter 1 cup low fat milk OR calcium-fortified soymilk
Lunch	1 bowl brown rice $\frac{3}{4}$ cup beans/peas/lentils $\frac{3}{4}$ bowl vegetables 1 fruit serving
Snack	1 handful nuts (e.g. 20 almond or 15 cashews or 15 macadamias)
Dinner	1 bowl noodle OR bee hoon 2 eggs OR 1 block tofu $\frac{3}{4}$ bowl vegetables 1 fruit serving
Snack	1 cup low fat milk OR calcium-fortified soymilk

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