

Give Vegetarian Meals a Try!



When preparing vegetarian meals, include these foods higher in protein:

- **Beans, peas, and lentils**
- **Soy products** such as soy beverage, edamame, and tofu
- **Peanut butter and other nut butters** Peanut butter or nut butter should only be given to children under 4 years of age when spread thinly on crackers or toast; or thinned and blended into foods.
- **Nuts and seeds** Do not give nuts and seeds to children under 4 years of age due to the risk of choking.
- **Dairy products such as milk, yogurt, and cheese**
- **Eggs**

Your meals can also include these plant-based foods:

- **Whole grains** such as whole grain bread, brown rice, oats, whole wheat pasta, whole wheat tortillas, corn tortillas, and bulgur
- **WIC cereals** Choose WIC cereals that have whole grain as the first ingredient.
- **A variety of fruits and vegetables** Be sure to include dark green, red, and orange vegetables. Eat fresh, frozen, or canned fruit with no added sugars.

The best vegetarian meals are the ones that you already enjoy, just without the meat:

- Cheese pizza with mixed green salad
- Pasta with tomato sauce and steamed broccoli—add your favorite bean to the sauce and then sprinkle with cheese
- 3-bean chili served over rice with carrot and celery sticks
- Cheese and veggie quesadilla with seasoned pinto beans

This institution is an equal opportunity provider.

There are different types of vegetarian diets:

- **Vegan**—only plant-based foods
- **Lacto vegetarian**—plant-based foods and dairy products
- **Lacto-ovo vegetarian**—plant-based foods, dairy products, and eggs

Women, infants, and children following vegetarian diets should ask their health care provider if iron, vitamin B12, and/or other supplements are needed.

People who do not follow vegetarian diets can benefit from eating more vegetarian meals. Eating more vegetarian meals can:

- Lower the risk of heart disease and certain cancers
- Support weight loss
- Improve digestive health
- Reduce spending at the grocery store

Visit wichealth.org for more vegetarian recipe ideas like this one:

Veggie Fritters

Makes 6 servings (2 patties each)

Ingredients

- | | |
|--------------------------|---------------------------|
| 1 cup shredded carrot* | 1 teaspoon salt |
| 1 cup shredded zucchini* | 1/4 teaspoon black pepper |
| 1 cup shredded potato* | 2 eggs* |
| 1/2 cup chopped onion* | 1 tablespoon oil |
| 2 tablespoons parsley | |
| 2 cups corn flakes* | |



Directions

1. Wash prep area, your hands, and vegetables.
2. Shred carrots, zucchini, and potatoes.
3. Thinly slice onion. Chop fresh parsley. Crush corn flakes.
4. Combine all the ingredients together in a bowl.
5. Form vegetable mixture into small flat patties.
6. Heat oil in a skillet. Cook patties over medium heat for about 4 minutes on each side.

*WIC foods

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