

HOMEWORK FOR MONTH #3

With vegetarian and vegan diets becoming more popular it is very likely that you will have clients devoted to the diets for various reasons.

Frank deficiencies with vegetarians, particularly if they will eat eggs) is not common. It is the “not enough” for too long consequences that lead to many of the health challenges.

Vegans will, unless they take supplements, become very deficient in various nutrients. The consequences may not show up until later in life - this is true for many “diets”, even the Standard American Diet (SAD).

Homework:

1. Which foods do vegetarians and vegans need to focus on each day (or almost everyday) to meet their needs for protein, omega 3s, choline, B12, and other nutrients that are abundant in animal products?
2. Is it true that you can get bioavailable B12 from plants? Make sure it is a legitimate study/resource!
3. What supplements would you recommend for most vegetarians?
4. What supplements would you recommend for a vegan?