

Item	Foods to Enjoy	Foods to Avoid
<b>Fruits</b>	<ul style="list-style-type: none"> <li>Fresh, frozen, canned fruits</li> </ul>	<ul style="list-style-type: none"> <li>None unless prepared with foods not allowed</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>Fresh, frozen, canned vegetables</li> </ul>	<ul style="list-style-type: none"> <li>None unless prepared with foods not allowed</li> </ul>
<b>Salads</b>	<ul style="list-style-type: none"> <li>Fruit, vegetable and pasta salads prepared with allowed ingredients</li> </ul>	<ul style="list-style-type: none"> <li>Salads that contain meat or parmesan cheese</li> <li>Jellied Salads</li> </ul>
<b>Grain Products</b>	<ul style="list-style-type: none"> <li>Bread, buns, rolls</li> <li>Hot and cold cereals</li> <li>Rice</li> <li>Pasta</li> </ul>	<ul style="list-style-type: none"> <li>Grain products that contain animal lard, suet, or gelatin</li> <li>Stuffing prepared with dehydrated meat (Stovetop®)</li> </ul>
<b>Milk &amp; Alternatives</b>	<ul style="list-style-type: none"> <li>Cows milk,</li> <li>Soy milk</li> <li>Most cheeses</li> <li>Most yogurts</li> </ul>	<ul style="list-style-type: none"> <li>Yogurts with added gelatin</li> <li>Parmesan cheese</li> </ul>
<b>Meat &amp; Alternatives</b>	<ul style="list-style-type: none"> <li>Dried or Canned legumes such as lentils, kidney, black, white, chickpea &amp; black-eyed peas, dried peas</li> <li>Meat analogs ( ex. imitation chicken, veggie burger)</li> <li>Tofu or tempeh</li> <li>Nuts, seeds, nut or seed butters</li> <li>Eggs</li> </ul>	<ul style="list-style-type: none"> <li>Meat, poultry, fish &amp; seafood,</li> <li>Canned beans with added pork/ham</li> </ul>
<b>Soups</b>	<ul style="list-style-type: none"> <li>All vegetarian soups prepared with allowed ingredients and vegetable or cream based broth</li> </ul>	<ul style="list-style-type: none"> <li>Soups containing meat or seafood</li> <li>Soups prepared with meat based broths</li> </ul>
<b>Oils &amp; Fats</b>  (Limit fat intake to 2 – 3 Tbsp. per day)	<ul style="list-style-type: none"> <li>All vegetable based oils</li> <li>Margarine</li> <li>Butter</li> <li>Vegetable based gravies</li> </ul>	<ul style="list-style-type: none"> <li>Lard, suet, salad dressings made with Worcestershire sauce, meat based gravies or other non vegetarian ingredients. See Notes*</li> </ul>
<b>Desserts &amp; Sweets</b>	<ul style="list-style-type: none"> <li>All, except those prepared with ingredients in the “foods to avoid” list</li> </ul>	<ul style="list-style-type: none"> <li>Desserts prepared with animal-based shortening pastry</li> <li>Gelatin (Jell-O®),</li> <li>Marshmallows</li> </ul>
<b>Fluids</b>	<ul style="list-style-type: none"> <li>Water</li> <li>Juice</li> <li>Milk (cow's, soy, rice, almond)</li> </ul>	<ul style="list-style-type: none"> <li>Clamato juice®</li> <li>Animal based broth</li> </ul>
<b>Miscellaneous</b>	<ul style="list-style-type: none"> <li>All, except those prepared with ingredients in the “foods to avoid” list</li> </ul>	<ul style="list-style-type: none"> <li>Worcestershire sauce®</li> </ul>

**Notes:**

- A Vegetarian Diet avoids all meat, fish and seafood and their products. It does include eggs and dairy.
- \*Allowed vegetable oils cannot come into contact with meat products. Example: french fries & chicken fingers fried in the same oil.

**References:**

- Dietitians of Canada - Practice Based Evidence in Nutrition (PEN): Healthy Eating Guidelines for Lacto-Ovo Vegetarians, 2014
- Vegetarian Resource Group www.vrg.org