

Vegetarian Diet for Older People

Here is a guide to help with eating a healthy Vegetarian diet. Please consult a dietitian for more specific and personalised advice.

With a vegetarian diet it is important to get enough protein into the diet...

- Cooked beans, e.g. baked beans
- Lentils
- Tofu
- Nuts or nut meat
- Eggs, Omelette
- Cheese
- Yoghurt
- Seafood

Also important with a vegetarian diet is to get enough Vitamin B12. Foods that are a good source of B12 are

- Yoghurt,
- Cheese,
- Eggs,
- Fortified soy drinks

Another common nutritional problem with a vegetarian diet is to get enough iron. Foods that are a good source of iron for vegetarians are....

- Iron fortified breakfast cereals
- Dark green vegetables e.g. spinach, silver beet
- Beans
- Lentils
- Tofu
- Dried fruit

All eaten with vitamin C

Another nutrient for Vegetarians to watch out for is zinc. Good sources of zinc for vegetarians are ...

- Fish
- Seafood
- Oysters

Some meal suggestions

- Chickpeas can be added to curries or soups
- A bean hotpot with garlic, onion, tinned tomatoes
- Adding more nuts and seeds to daily diet
- Tofu curry
- Cheese Omelette
- Smoothies with yoghurt and fruit
- Vegetarian Chilli con Carne
- Fish pie

All can be served with rice, pasta and vegetables

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