

Health Benefits of Vegetarian

This Vegetarian Food Guide is designed to reflect healthy patterns of dietary intake that are not only adequate but promote optimal health. This proposed document is meant to provide a range of portions and a general sense of frequency of servings. Its purpose also includes the promotion of an ongoing discussion among scientists and health-care practitioners, as well as vegetarians coming from different traditions, with the purpose of developing and refining a food guide that promotes optimal health.

Typically, food guides have translated nutritional standards into recommendations for daily food intake in an attempt to meet specific nutritional standards. These standards have traditionally been based on experimental data involving non-vegetarian subjects and have been targeted to the general, non-vegetarian population. In contrast, we believe that studies relating to the dietary patterns of vegetarian populations who enjoy optimal health are valuable and valid sources of information, and can be used in developing a model of healthful eating.

A vegetarian diet can be very healthy, but it is not inherently so. Just cutting meat out of your meals does not automatically assure you all the benefits of the vegetarian diet - in order to be healthy, you need to eat healthy food, vegetarian or not.

The first and most important characteristic of a healthy vegetarian or other type of diet is a wide variety of food. Eating lots of different foods ensures that you get the nutrition you need and that no single food serves as your sole source of a given nutrient. In addition, eating too much of a single food can cause your body to develop sensitivity to that food, which can eventually lead to an allergy. The vegetarian food pyramid, created by researchers at Arizona State University, provides guidelines to the daily amounts of different foods needed for a healthy vegetarian diet. Ready you are [Vegetarian Food](#). Please visit in the site www.indomunch.com for extra details.

About the Author

Representing the [Vegetarian Food](#) in the website www.indomunch.com.

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