



# Welcome To '4 Vegetarian Weight Loss Tips' With Alvern

The following guide is design to help beginners and experienced vegetarians alike to improve their vegetarian lifestyle and help those who are new to a vegetarian diet understand the essence of vegetarian living. People become vegetarian for several different reasons including health and animal welfare, whatever your reason your vegetarian diet does not need to be boring and difficult but quick easy and admirable to the point of making meat eaters salivate at the sight and smell of your vegetarian meals. This guide should also serve as an encouragement and reminder for the experienced vegetarians among us who need to reaffirm their belief and find new ideas on how to approach the vegetarian diet as well as control or lose weight.

There are over 432 million vegetarians in the world according to a 2008 survey. The vegetarians are broken down by country and/or region with India having a huge amount of vegetarians. There are over 7.3 million vegetarians in the U.S., 3.6 million in the UK, 3 million all over Europe including a hefty 1.2 million in France (never knew that there are French people who are vegetarian) and a whopping 399 million vegetarians in India which represents about 40% of the total population. This just goes to show that you are not alone and there are so many more like you and the great thing is that this figure continues to grow daily.

# 1. Does Being Vegetarian Just Mean Eating No Meat or Fish and Eating Like Rabbits?

There are a few things to consider when one decides to become a vegetarian. The first is the reason for making that decision. This is important because it determines the passion behind the motive and if the passion is not strong enough then the change would probably last a few days or weeks but if the intent is powerful enough then that person would last a few months or years.

Once the passion is there to become a vegetarian then the only two other things needed are resources and support. The right resources could include a plethora of things like a kitchen, the necessary utensils, adventurous taste buds, availability of ingredients, knowledge of one's recommended daily allowances, awareness of one's allergies, knowledge of substitution in recipes, easy vegetarian recipes.

In terms of support it would be great for beginners to join a group of like-minded vegetarians online and offline just to help them along the way until they can churn out healthy vegetarian meals in confidence.

Another important thing to consider is what type of vegetarian one wants to become. As there are a few types available ranging those who eat eggs and milk to those who continue to eat milk. The most important thing to remember is that a true vegetarian eats no meat at all including chicken and fish.

There are also those who only eat plant products and have removed all animal products from their diet including honey. Studies have shown that people on a pure plant based diet have a much lower risk of developing cancer.

If you are 100% new to the vegetarian diet and would like to make use of a few resources to learn more then, I would recommend the vegetarian starter kit, you can download it here <http://www.peta.org/living/vegetarian-living/free-vegetarian-starter-kit.aspx>. There is also one available from vegetarian times and you can download it here [http://www.vegetariantimes.com/2007/pdf/vegetarian\\_starter\\_kit.pdf](http://www.vegetariantimes.com/2007/pdf/vegetarian_starter_kit.pdf)

Vegetarian Types

There are mainly three types of vegetarians namely; lacto-ovo vegetarians, ovo vegetarians and lacto vegetarians. There are also vegans but they have been classed under the terms vegan in recent times and have no longer been classified as vegetarians.

Lacto-ovo vegetarians are people who don't eat any meat at all and they go as far as to exclude chicken and fish from their diet. But they still include eggs and milk and their by products in their diet.

Ovo vegetarians are similar to lacto-ovo vegetarians in that they exclude meat, fish and poultry from their diet and they even exclude animal milks but they are still content to include eggs and its by products in their diet.

Lacto vegetarians are also similar to lacto-ovo vegetarians in that they exclude all meat, fish and poultry from their diet but they also exclude eggs and all its by products. They are however happy to include animal milks in their meal plans.

For the people that exclude all meat, fish, poultry, milk, eggs, honey and gelatin from their diet they are called vegans and contrary to popular belief they can lead a very healthy lifestyle only eating plant based foods and they have a much lower risk of contracting cancer and heart disease.

# 2. Can Vegetarians Only Get Their Protein From Eggs, Milk and Their By-Products?

Being vegetarian is extremely adventurous which means that you don't have to stick to the boring traditional recipes and just swap the meat out and replace it with a non-meat protein but you also get to try a host of new recipes.

There are a host of foods out there that vegetarians get their protein from ranging from peas and beans to tofu and grains.

## **Peas and Beans**

There are quite a variety of peas and beans available in the supermarket, health food shop or Asian store. These include lentils, mung beans, kidney beans, chick peas, lima beans, split peas, black eye peas, butter beans and garden peas. Each one of these come with various levels of proteins and are ideals for making stews, soups, casseroles and haystacks.

## **Dairy Products**

A popular easy source of protein for vegetarians who animal products are milks, eggs, cheese and yoghurts as well as all their by-products. It is easy because little or virtually no preparation is required to consume them but if eaten in high quantities they can be dangerous to one's health. I know there are a lot of campaigns by government food bodies encouraging people to eat an egg a day but as there are so many products on the market that are made from eggs it is much better to prevent the onslaught of heart disease by varying one's food choices.

## **Tofu and Soy**

Tofu is quite a popular option for vegetarians as it is a plant based option as well as the fact that tofu is virtually tasteless and easily absorbs the herbs and spices of the food that it is cooked in. Tofu is processed soy beans and for those who love being in the kitchen it can be made from scratch at home. There are also a host of other products made from the soy bean including soy milk, soy nuts and soy yoghurt as well as soy cheese. You can buy a block of tofu from the health food shop, supermarket or Asian store.

### **Meat substitutes**

There are a host of readymade meat free meats that can be bought in the supermarkets including veggie burgers, veggie chicken, veggie turkey, veggie ham, veggie roast, veggie sausages and even veggie fish (never liked this one). The brand names include Linda McCartney, Quorn, Morning Star, Realeat, Cheatin, Cheezly, Vegideli, Fry's, Tivall, Worthington, Loma Linda and the list is endless. These come prepacked in a can or in packages frozen or chilled. You can eat some cold while other would need to be cooked. You just need to be wary of the levels salt and fat in these processed foods. These meat substitutes are mainly made from wheat protein (gluten or seitan), soy protein and/or myco protein (from Mushrooms).

### **Nuts, seeds and their Butters**

Peanuts, cashew nuts, sunflower seeds and sesame seeds are a great source of protein and a nice way to eat them is in the form of their respective butters. For example sunflower butter, sesame tahini and cashew butter. All too often as adults we think that peanut butter is for kids but it is great for grown-ups too and it is a great source of protein. These butters can be eaten on a slice of bread with sugar free jam or your favourite fruit like banana or they can be used in sauces and even deserts. Other nuts like almonds, hazelnuts and coconut can also be used to make milk. So you will have almond milk, hazelnut milk and coconut milk which are also high in protein and can replace cow's milk.

### **Whole grain and Quinoa**

Often referred to as the Incas gold, Quinoa is originally from Ecuador, Peru, Bolivia and Colombia. It is a great source of protein and it contains all the amino acids and is therefore known as a complete protein. One can get as much as 18 grams of protein from just one cup of Quinoa. Other whole grain foods include whole wheat, brown rice, oats as well as other cereals like buckwheat, barley, bulgur wheat and millet. Oat protein is almost equivalent in quality to soy protein, the World Health Organisation has shown that it is equal to milk and egg protein.

# 3. Does A Vegetarian Diet Have Sufficient Vitamins and Minerals?

One of the most common questions I have heard from non-vegetarians is “what do you eat then salad or rabbit food”. However, these same people drink fizzy drinks and energy drinks by the bucket and eat meat truck loads at a time yet they never stop to think what they need to eat to get fibre and all their vitamins. It is essential to remember that no matter what diet you are on it is important to make it a balanced one.

As protein sources have already been discussed above I will focus on Calcium, Vitamin B12 and Iron as these are the most common foods that are altered when comparing vegetarians to non-vegetarians.

## **Calcium**

Because some vegetarians prefer not to eat animal products I will cover calcium because if you are going to remove all animal products from your diet you need to know what foods are available to put the calcium balance back into your diet. Some great sources of calcium for vegetarians are soy milk, spinach, sesame seeds, almonds, broccoli, rice milk and fortified orange juice.

## **Vitamin B12**

The human body has the capacity to store vitamin B12 for years. So if you have been eating a lot of natural sources of vitamin B12 for a while then your body has it. However, there is a constant need to replenish this vitamin frequently. A great source of vitamin B12 is nutritional yeast flakes that has been fortified with Vitamin B12. Always read the label to be safe

## **Iron**

The difficulty with Iron is not necessarily where to find it but to realise that the body needs vitamin C to be present in order to absorb iron. So someone taking an iron supplement like Ferroglobin should drink a glass of juice high in vitamin C to help with the absorption of iron. Great sources of iron include chickpeas, spinach, lentils, soy, hummus and tofu.

# 4. Do Vegetarians Have To Eat Eggs? Is There A Substitute?

There are several ways to replace eggs in recipes depending on the recipe. There isn't a single item that can be used as each recipe is different. This is good news as there are several options available. In many instances eggs are used as a raising agent like in cakes for example, while in other recipes it is being used as a protein nutrient.

If you are baking a cake the best option would be to use a commercial egg replacer. As there are several available on the market and depending on what country you live in this can have several different names and brands. Therefore your best option would be to Google the term 'egg replacer' or 'egg replacement' or even 'eggless'. Some popular ones that I know of are called Ener-g, Eggless and Bob's Red Mill.

In recipes where eggs are required as a source of protein then the best substitute would be tofu. To be more precise Silken Tofu would be ideal for scrambled eggs or similar recipes like egg salad. To get the needed yellow color then adding some nutritional yeast flakes can give you the color that you need. This also works well in some baked goods like pancakes and brownies. I am hoping at some stage to make vegetarian cooking videos available to my fans so that they can see how it is done.

If you encounter a recipe that calls for a large number of eggs it may well be that no amount of egg substitute will replace the eggs. I believe that a large amount of eggs is not really good for human consumption anyway especially vegetarians as this can be heading down the path of cholesterol. The whole point of being vegetarian is to live a healthy lifestyle so everything in moderation.

# 4 Vegetarian Weight Loss Tips

As soon as you have a great understanding of what being vegetarian really means and what foods you need to eat then it is also important not to over eat or eat just for the sake of eating.

I needed to drop 2 dress sizes and I was able to do that by going back to basics. The four things I did to assist with weight loss are as follows:

1. Eat a hearty breakfast – people would give a ton of excuses as to why they will not and cannot eat a heavy breakfast but I can tell you from experience it really works. The breakfast should be satisfying to the point that you don't really feel hungry at lunch time.
2. Drink lots of water – I know water is bland and tasteless and every excuse in the world that you can think of but your body is made up of 70% water so your diet should be the same.
3. Only eat when you are hungry – you may find this strange but I did this as well myself, I ate when it was lunch time because it was time to eat and not because I was hungry. I changed this and the weight disappeared.
4. Include more raw fruits and vegetables in your diet – research has shown that as vegetarians we need to be eating a large proportion of our food raw. I believe the percentage is close to 70%.

I have a more step by step explanation on how I drop 2 dress size in my upcoming book entitled "The Porridge and Popcorn diet".