

VEGETARIANISM

by

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**THIS BOOK  
CONTAINS  
NUMEROUS PAGES  
WITH DIAGRAMS  
THAT ARE CROOKED  
COMPARED TO THE  
REST OF THE  
INFORMATION ON  
THE PAGE.**

**THIS IS AS  
RECEIVED FROM  
CUSTOMER.**

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## INTRODUCTION

A "vegetarian" is a person who avoids the consumption of food from animal sources such as meat, poultry and fish; his diet may or may not be supplemented with eggs, milk, cheese and other dairy products. For centuries, vegetarian diets have been followed for various reasons - religious, cultural, ethnic, health and economic (1).

Due to economic necessity and availability of little or no animal products, large populations of the world have lived for many years on diets considered near vegetarian. Today, there is an abundance, as well as a variety, of food supplies in the United States, but there is a growing interest among younger Americans in vegetarianism as part of "health" and "natural" foods movements (2). The word vegetable is derived from the word "vegetus" which means "whole, sound, fresh, lively," a definition which explains why so many follow this dietary ritual (3).

It is more difficult for a vegetarian to plan a nutritionally adequate diet than a non-vegetarian as the food choices are limited. However, a strict vegetarian can consume a nutritionally adequate diet if he has a good knowledge of food composition and of the nutrients he needs. If vegetarian diets are not well planned, certain deficiencies may occur (3).

The purpose of this paper is to review (a) types of vegetarian diets, (b) nutritional adequacy of vegetarian diets, (c) nutritional status of vegetarians, (d) vegetarianism and health, (e) meat analogs, (f) planning a vegetarian diet and (g) educating vegetarians.

#### CLASSIFICATION OF VEGETARIANS

Vegetarians may be classified as those who avoid red meat only (beef, pork and lamb) but eat poultry and fish; lacto-ovo-vegetarians who avoid flesh foods but consume milk, cheese and eggs (4); lacto vegetarians who consume a vegetable diet supplemented with milk and cheese (5); and strict or pure vegetarians or vegans who avoid all foods of animal origin (4).

Erhard (6) has discussed a number of popular cults or communes that practice vegetarianism. Many of these groups have adopted religions of the orient and have a strong belief that some supernatural force guides them to psychic tranquility.

#### Ehret's mucusless diet healing system

This cult was founded by Arnold Ehret in the 1920's and is one that does not have an oriental religion as its basis. Ehret believed that he was cured from diabetes by the consumption of a fruit diet. The followers of this cult live on a vegetarian diet that is made up largely of fruit which produces very little mucus; they believe meat produces mucus which forms a breeding media for disease. Ehret believed