Vegetarian
A vegetarian diet consists of non-animal based foods products including – a variety of grains, nuts, fruits, vegetables, and other non-meat products. Vegetarian diets have been classified based on food groups that may be included.

» **Lacto-vegetarians** include dairy products, such as milk, cheese, yogurt and butter. Foods like meat, fish, poultry and eggs, as well as foods that contain them are excluded.

» **Ovo-vegetarians** exclude meat, poultry, seafood and dairy products, but allow eggs.

» **Lacto-ovo vegetarians** exclude meat, fish and poultry, but allow dairy products and eggs.

» **Pescatarians** exclude meat and poultry, dairy, and eggs, but allow fish.

» **Pollotarians** exclude meat, dairy and fish, but allow poultry.

Vegan
A vegan diet excludes all meat, fish, poultry, dairy products, and eggs. Here on campus, both East and West Side Dine-In locations have dedicated Vegan Stations where menu items change daily.

*Look out for CulinArt’s Vegetarian ☑ and Vegan ☐ icons when dining throughout campus*

Sneaky Ingredients
When dining on campus, be sure to consider all of the ingredients that make up a certain dish to confirm that it meets your dietary preferences. Stocks, bases, dressings and sauces are common items that can change whether a menu item may be vegan or vegetarian. You can find all of our ingredients to our menu items at [www.stonybrook.edu/dining/locations/menus](http://www.stonybrook.edu/dining/locations/menus).

Benefits of Eating Plant-Based
Following a plant-based diet has been linked to a multitude of health benefits. Vegetarian and vegan diets tend to be higher in fiber, phytochemicals, antioxidants, and vitamins and minerals. The addition of these beneficial nutrients can help lower the risk of cardiovascular disease, hypertension, and other chronic diseases.

In addition to health benefits, plant based diets are also good for the environment. Choosing more plant foods and less meat and poultry can help reduce carbon emissions, waste byproducts and water use.
Plant-Based Nutrition:

*Keep these key nutrients in mind when following a vegan or vegetarian diet...*

**Protein.** Plant based sources of protein are lower in saturated fat and higher in fiber.
- Legumes: beans, peas, lentils
- Soy products: tofu, tempeh
- Nuts and nut butters
- Dairy products: milk, yogurt, cheese
- Eggs

**Vitamin D.** Look for these fortified sources of vitamin D:
- Orange juice
- Ready-to-eat cereals
- Eggs
- Dairy products: milk, yogurt, cheese

**Calcium.** To maintain your strong bones and meet your calcium needs on a plant-based diet, consider adding these items at meal time:
- Dairy products: milk, yogurt, cheese
- Tofu
- Leafy greens
- Spinach
- Broccoli
- Soy or nut milks – fortified with calcium
- Orange juice – fortified with calcium

**Iron.** Try these plant-based ways to pump up your iron intake:
- Beans
- Dark leafy greens
- Fortified ready to eat cereals
- Whole grain products
- Plus, try increasing your vitamin C intake to help increase iron absorption!

**Vitamin B12.** This vitamin is important in maintaining health, so look for these sources:
- Dairy products: milk, yogurt, cheese
- Eggs
- Fortified rice or soy milks
- Fortified ready-to-eat cereals

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**Interested in learning more about plant-based eating here on campus?**

Amanda Reichardt, RDN, CPT
Campus Registered Dietitian, is available for appointments, tours of the dining facilities and to address any questions or concerns regarding special dietary needs. Schedule an appointment or e-mail Amanda at amanda.reichardt@stonybrook.edu.