

Guidelines For Vegetarianism

PITTSBURGH (Allegheny Co.)—Vegetarianism, a hot topic of the 80s, has received little attention in recent years. Vegetarianism, in a vague sense, refers to the abstention from meat. There are numerous reasons for observing such a practice, including economics, religious beliefs, ethical, and ecological matters. In this decade, the most common rationale seems to be due to health concerns.

With the 1990 Dietary Guidelines recommending to choose "plenty of vegetables, fruits, and grain products", a vegetarian diet at face value would appear to fit the bill. Studies have shown a reduced incidence of many chronic diseases of western society amongst the vegetarian population. Specifically, vegetarians tend to be leaner than nonvegetarians and have lower blood lipids and blood pressure. In addition, one study concluded that Seventh Day Adventists (a group which practices vegetarianism) were only 50% as likely as U.S. caucasians on the whole to develop adult onset diabetes.

With these statistics, should one think twice before converting to a vegetarian? Yes!

Even the vegan who plots and plans his/her diet for optimal nutrient value is at a high risk for deficiencies of protein, iron, zinc, and calcium, as well as vitamins D and B₁₂. "These nutrients are found abundantly in milk, but not in foods from vegetable sources," states Rose M Stoia PhD RD LD,

Nutrition Education Consultant for Dairy & Nutrition Council and lifetime vegetarian. The lacto-ovo-vegetarian diet contains all the necessary nutrients with the

added feature of being low in fat and cholesterol and high in fiber. "Low fat dairy products are highly recommended for the vegetarian," adds Dr. Stoia.



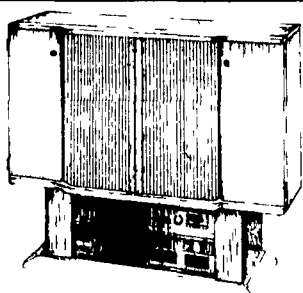
Jay Bell, Pittsburgh Pirates' shortstop, signed autographs and visited with children and adults at the Pittsburgh Children's Festival. Bell, a dairy industry spokesperson, made the appearance on behalf of the Pennsylvania Dairy Promotion Program. At the festival, children also entered daily drawings for free Jay Bell Dairy Growth Charts.



At the Pittsburgh Children's Festival, the Pennsylvania Dairy promotion Program brought the dairy industry to city children. Here, youngsters shake and make dairy pudding while mom enters them in a Jay Bell Dairy Growth Chart drawing. More than 2,500 kids made Real dairy pudding and received free promotional literature.

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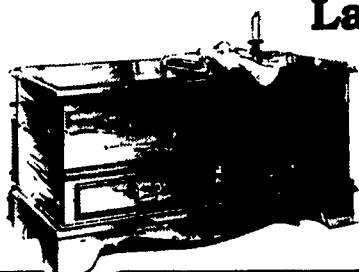


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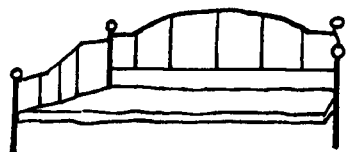
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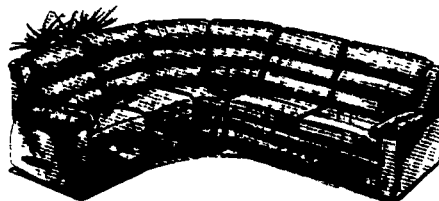
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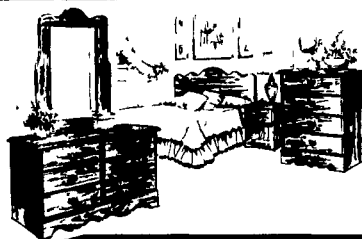
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