Vegetarian diet

Vegetarian diets tend to have fewer calories, lower levels of saturated fat and cholesterol, and more fiber, potassium and vitamin C than other eating patterns. Vegetarians tend to weigh less than meat eaters, and to have lower cancer rates.

Tips for meeting nutritional needs:

- **Meet protein needs** with nuts, beans, eggs and dairy foods.
- **Vitamin B12** is naturally found only in animal products. Choose fortified foods or take a B12 supplement if you don’t eat animal products.
- **Get calcium** from dairy products and calcium fortified soy milk, cereals or orange juice.
- **Don’t overcook** vegetables, or they might lose valuable nutrients.

Visit the Living Well Platform at [https://livingwell.provantonline.com](https://livingwell.provantonline.com) to use the meal planner and nutrition tools.

This benefit is available free of charge to all UT SELECT Medical Plan members: Employees, dependents, retirees, surviving spouses, and COBRA participants.