

What do different types of Vegetarians eat?

Lacto-Ovo-Vegetarians:

Diary, Eggs, Honey, Veggies, Fruits, Pulses, Legumes, Wheat

Ovo-Vegetarians:

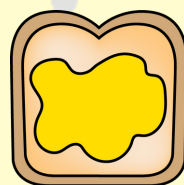
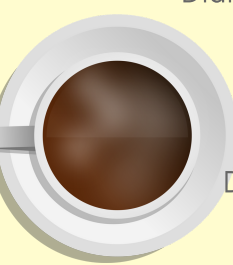
Eggs, Honey, Veggies, Fruits, Pulses, Legumes, Wheat

Lacto-Vegetarians:

Diary, Eggs, Honey, Veggies, Fruits, Pulses, Legumes, Wheat

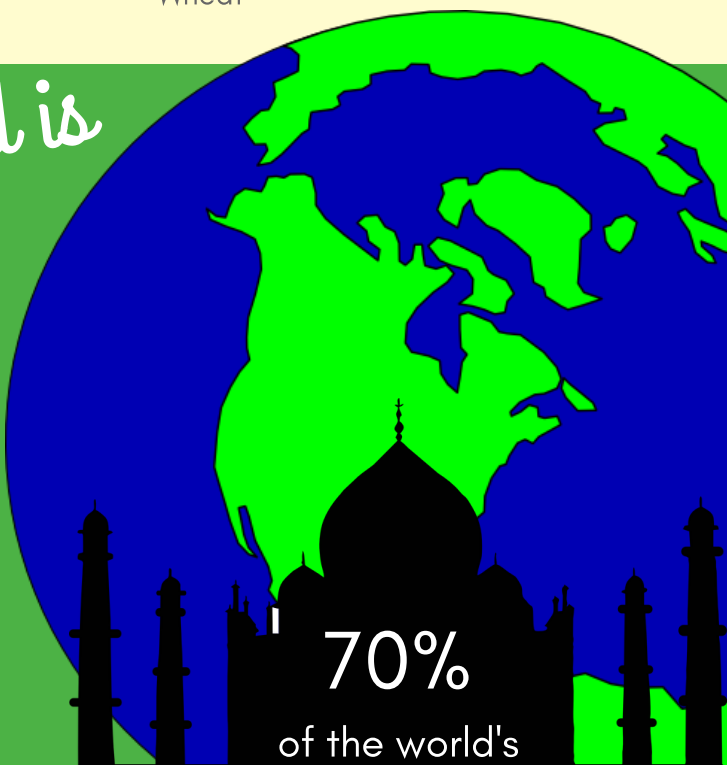
Vegans:

Veggies, Fruits, Pulses, Legumes, Wheat



What percent of the world is vegetarian?

21.9% of the world's population is vegetarian

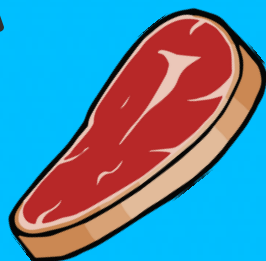


70% of the world's vegetarians are Indians

Why Be a Vegetarian?

Health:

Decreased risk of diabetes, cardiovascular disease, cancer, hypertension, osteoporosis, renal disease, rheumatoid arthritis, diverticulitis diseases



Ethics:

1. Over 9 billion farm animals are killed every year in the US for meat
2. Over 60 billion farmed animals are killed every year globally for meat
3. The number of aquatic animals killed for meat are even greater

Environment/

Water:

1. It takes 25 gallons of water to grow one pound of wheat
2. It takes 2,500 gallons of water to grow one pound of beef

Land:

1. Plants yield 10 times more protein per acre than meat does
2. The grains and soybeans that are currently fed to US livestock could feed 1.3 billion people

Air:

1. Cows and sheep create 37% of the total methane generated by human activity
2. The livestock industry creates over 64% of the contributing ammonia

What are some famous Vegetarians?

Leonardo da Vinci, Henry Ford, Brad Pitt, Albert Einstein, Ozzy Osborne, Leo Tolstoy

Vegetarian in the United States

Top Vegetarian Cities:

1) New York, 2) Portland, 3) Chicago, 4) Seattle 5) Atlanta

Vegetarians By Gender:

59% of vegetarians in the US are female, whereas 41% are male

Vegetarians by Age:

42% of vegetarians are 18-34 years old, 47% are 35-54 years old, 17.4% are over the age of 55

About 5% of Americans report being Vegetarian



What are the Risks of a Vegetarian Diet?

Vegetarians and Vegans may lack enough protein, iron, vitamin B12, calcium, vitamin D

However, these nutrients can be found in vegetarian sources, such as eggs, nuts, grains, seaweed, green vegetables and fortified cereal



Did you Know... Benjamin Franklin introduced tofu to America in 1770?