

# A new food guide for North American vegetarians

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The first North American food guide was published by the US Department of Agriculture (USDA) in 1916. It was not until the 1940s, however, when wartime shortages, indications of malnutrition among citizens, and the release of the first recommended dietary allowances focused greater attention on nutrient requirements, that food guides became a familiar meal-planning tool in the United States (1). The Canadian government released its first food guide at this time, in 1942 (2). Until 1992, when the USDA's Food Guide Pyramid (3) and Canada's Food Guide to Healthy Eating (CFGHE) (2) with its rainbow design were introduced, the emphasis of food guides was largely placed on meeting nutrient needs.

The 1992 guides were the first to consider the harmful effects of overnutrition. They were also the first guides to visually emphasize the importance of plant foods in the diet. However, they did not include sufficient guidelines for planning vegetarian diets. USDA publications noted that vegetarians needed special guidance in planning healthful diets, implying that the USDA's food guide was not appropriate for vegetarians (4).

Over the past several decades, a number of meal-planning tools have been developed specifically for vegetarians (5,6). The majority of these have used the pyramid format or the rainbow design, and many have been revised versions of the USDA's Food Guide Pyramid and CFGHE. However, because vegetarian diets differ in many ways from nonvegetarian diets, the USDA Food Guide Pyramid and CFGHE are not necessarily the most useful starting point when considering guidelines for vegetarians. It is particularly difficult to manipulate these tools when attempting to provide adequate and practical guidelines for vegans (vegans are vegetarians who exclude all animal products).

In designing a new food guide for vegetarians, we aimed to achieve the following goals:

- To establish a guide that would meet the needs of people following different types of vegetarian diets;
- To help vegetarians choose diets that would meet the most recent recommendations established by the Institute of Medicine;
- To include guidelines that focus on specific nutrients of particular interest in vegetarian diets, as discussed in the American Dietetic Association (ADA) and Dietitians of Canada's joint position on vegetarian diets in this issue of the *Journal of the American Dietetic Association* (7,8);
- To include a wide variety of foods that are consumed by vegetarians; and
- To increase awareness about the availability of calcium from nondairy foods.

In addition, we strived to meet the challenge spelled out in the 1981 issue of the *Journal of Nutrition Education* by then US Food and Drug Administration (FDA) nutritionist Jean Pennington for an "instrument which converts the professional's scientific knowledge of food composition and nutrient requirements for health into a practical plan for food selection by those without training in nutrition" (9).

Challenges in designing such a guide exist regardless of dietary pattern. Individual food preferences, habits, and choices within food groups will all impact diet quality. Although no food guide is completely reliable, a food guide can maximize the chances that consumers will choose healthful diets. The inclusion of "Eight Tips for Meal Planning" (Figure 1) provides additional help to vegetarians in planning healthful diets.

## FOOD GROUPS

The food guide principle that has been in use in North America since 1916 is based on an approach that classifies foods into groups based on similar nutrient content. We have adhered to this principle, with some modification. In the vegetarian food guide, calcium needs are met through choices from several food groups.

In keeping with familiar and widely used approaches to food guide presentation in North America, we have designed our guide in the forms of both a pyramid and a rainbow; the latter is the graphic used in Canada. Both guides use the same food groupings, specify the same number of servings, and can be used interchangeably (Figures 2 and 3).

Foods are grouped as follows:

**Grains:** At the base of the pyramid and in the widest arc of the rainbow, these foods form the foundation of the diet.

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# **New Food Guide For North American Vegetarians**

**Reed Mangels, Virginia Messina, Mark  
Messina**



## **New Food Guide For North American Vegetarians:**

The Dietitian's Guide to Vegetarian Diets Reed Mangels, Virginia Messina, Mark Messina, 2004 The Dietitians Guide to Vegetarian Diets Second Edition highlights the trends and research on vegetarian diets and provides practical ideas in the form of counseling points to help dietitians and other health care providers convey information to their clients The text presents vital information on vegetarian nutritional needs healthier and more satisfying diets and guidelines for treating clients of all ages and clients with special considerations such as pregnant women athletes and diabetics *The Dietitian's Guide to Vegetarian Diets* , *The Dietitian's Guide to Vegetarian Diets: Issues and Applications* Reed Mangels, Virginia Messina, Mark Messina, 2021-10 The Dietitian s Guide to Vegetarian Diets Issues and Applications Fourth Edition provides the most up to date information on vegetarian diets Written for dietitians and other health care professionals the Fourth Edition can be used as an aid for counseling vegetarian clients and those interested in becoming vegetarians or serve as a textbook for students who have completed introductory coursework in nutrition The Complete Vegetarian Peggy Carlson, 2009 The health benefits of a vegetarian diet **History of Vegetarianism and Veganism Worldwide (1970-2022)** William Shurtleff; Akiko Aoyagi, 2022-03-10 The world s most comprehensive well documented and well illustrated book on this subject With extensive subject and geographic index 48 photographs and illustrations mostly color Free of charge in digital PDF format The Encyclopedia of Vitamins, Minerals, and Supplements Tova Navarra, 2014-05-14 Presents information on vitamins minerals and dietary supplements in a dictionary format with over 900 entries **Williams' Essentials of Nutrition and Diet Therapy - Revised Reprint - E-Book** Eleanor Schlenker, Sara Long Roth, 2013-03-15 Evidence Based Practice boxes emphasize the importance of using research to achieve the best possible patient outcomes Expanded health promotion coverage includes the World Health Organization s definition of health the concept of wellness and patient education An in depth discussion of childhood obesity explores the impact and prevention of this major health concern Additional information on metabolic syndrome examines its effects on the cardiovascular system Coverage of nutrition support includes the use of adapted feeding tools to aid patients in various disease states Perspective in Practice boxes offer quick access to practical applications of nutrition principles Choose Your Foods Exchange Lists for Diabetes features the latest updates from the American Dietetic Association The Dietitian's Guide to Vegetarian Diets Mark Messina, Virginia Messina, 1996 Provides an overview of the vegetarian population and the health status of this group examines nutrient needs within the context of a vegetarian diet addresses the nutrient needs of specific groups of vegetarians and includes a glossary of foods commonly consumed by vegetarians Also contains 18 appendices that present data on vegetarian and nonvegetarian micronutrient and macronutrient intakes serum lipid levels blood pressure and anthropometry Designed to be used primarily by dietitians and other health care professionals as an aid in counseling vegetarian clients Vegetarian Nutrition and Wellness Winston J. Craig, 2018-06-13 A large amount of research effort goes into assessing the health benefits of a plant

based diet resulting from human desire to consume a more sustainable diet that is less destructive of the earth's natural resources. In addition, a growing number of people are choosing the vegan or total vegetarian diet because of the potential to greatly reduce the risk of chronic diseases and mortality rates. Although this interest in plant-based eating is popular, there exist concerns on the safety of some vegetarian diets, especially a vegan diet. This book describes issues of the vegetarian diet and outlines ways to prevent nutrient deficiencies. *Vegetarian Nutrition and Wellness* focuses on synthesizing research around vegetarian diets and human health. A major section of the book deals with how a vegetarian diet protects population groups from the major chronic diseases such as cardiovascular diseases, obesity, and various cancers. Based upon ecological and clinical studies, chapter authors explain the health-promoting properties of plant-based diets and compare contrast health outcomes obtained from consuming omnivorous diets with a vegetarian or vegan diet. Fruits and vegetables figure prominently in vegetarian diets and provide a substantial effect in disease reduction and health-promoting properties of a plant-based diet. *Vegetarian Nutrition and Wellness* is written for the academic community, registered dietitians, health professionals, and graduate students in nutrition and public health. Each chapter provides a comprehensive review of the scientific literature and includes a concise summary at the beginning of each chapter. The time is ripe for this book to update the scientific community with a collage of well-documented topics on vegetarian nutrition. **Manual of Pediatric**

**Nutrition, 5th Edition** Kendrin Sonnevile, Christopher P. Duggan, 2013-12-30 Organized into three main sections: I Nutrition and the Well Child, II Nutrition and the Hospitalized Child, and III Nutrition and Specific Disease States. The manual covers the basics of nutrition assessment, nutritional requirements, and feeding guidelines for healthier infants, children, and adolescents. Oral health and food assistance programs are also reviewed, along with the use of specialized enteral and parenteral products in the treatment of sick children. A wide range of pediatric clinical disorders are included in the section on specific diseases. *Vegetarian Times*, 1990-05 To do what no other magazine does: Deliver simple, delicious food plus expert health and lifestyle information that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both **Vegetarian Times**, 1990-08 To do what no other magazine does: Deliver simple, delicious food plus expert health and lifestyle information that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both Vegetarian Times, 1991-03 To do what no other magazine does: Deliver simple, delicious food plus expert health and lifestyle information that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To

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values it inspires appeals to an increasingly large group of Americans VT's goal To embrace both **Vegetarian Times**, 1990-06 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that's exclusively vegetarian but wrapped in a fresh stylish mainstream package that's inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT's goal To embrace both *History of Tempeh and Tempeh Products (1815-2022)* William Shurtleff; Akiko Aoyagi, 2022-02-06 The world's most comprehensive well documented and well illustrated book on this subject With extensive subject and geographic index 325 photographs and illustrations mostly color Free of charge in digital PDF format

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