



HINTS FOR A BALANCED VEGETARIAN DIET

If you would like to follow a vegetarian life style, it is important to know certain things to ensure a balanced diet.

The British Association of Nutritionists compared the calories in vegetarian menus with omnivores, discovering that the former often have more calories and even more fat than a healthy Mediterranean diet.

For example, pizza with capsicum peppers may have 1,200 calories in total, while a classic curry with rice with vegetables has over 1,000 calories and may contain up to 50 grams of fat. Here is another comparison: 100 grams of steak provide 271 calories, slightly less than an omelette made with three eggs. Vegetarian dishes often contain higher levels of salt and sugar to enhance flavour - yet the World Health Organization recommends reducing intake of both these ingredients.

However, it is not just a question of calories but also of nutrients. A classic stuffed capsicum pepper, which often serves as a meal on its own, has about 1,000 calories but is not very nutritious, since this dish is particularly low in proteins.

In short, a vegetarian diet requires close attention - for example by replacing certain nutrients obtained from fish with algae and meat proteins with legumes. To ensure a correct fat intake, it is also a good idea to eat eggs and cheeses, albeit not every day. A vegetarian diet, in short, cannot be improvised but must be well-calibrated to avoid harmful nutritional imbalances.

[Source: Teatro Naturale for Sol&Agrifood]

Image's Link: <https://i.imgur.com/ktmxdH5.jpg>

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