

Healthy Vegetarian Diet

Vegetarian diet includes many plant-based foods such as fruits, vegetables and different soy products like soybean, tofu, soy drinks etc. These foods are low in saturated fat and high in dietary fiber, therefore good for heart health. However, careful planning is essential to ensure your vegetarian diet is well-balanced with wide varieties to suit daily nutritional needs. Here is some healthy vegetarian diet for reference. For detail dietary assessment according to your personal health status, please seek professional advice from your doctor or dietitian.



1. Try to include Dahl, eggs, legumes, dairy (e.g. low fat milk/cheese/yoghurt), unsalted nuts to ensure enough protein intake daily.
2. Always opt for high fiber chapatti/roti/pita bread
3. Choose wide varieties of fruits and vegetables with different colors
4. Choose healthy fat such as fatty fish (e.g. salmon / tuna), canola or olive oil, unsalted nuts, flaxseed etc.
5. Ensure vitamin B12 intake which can be found in dairy products and eggs
6. Avoid snacks that are high in saturated fat and sugar such as creamy biscuits, instant noodles, cakes, cookies, chips etc.
7. Avoid sugary beverages such as cha with condense milk, soft drinks, packaged fruit juice
8. Drink at least 8 glasses of fluid including water, pure cha, low fat milk and clear soup.

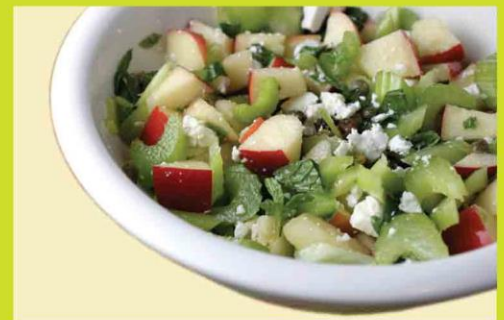
Fuss-free Apple Salad

Ingredients (1 person serving):

Apple 1 piece
Almond 10 pieces
Walnuts 5 pieces
Baby spinach 50gm
Low fat yoghurt 1/2 cup

Methods:

1. Cut apple into fine piece and chop baby spinach
2. Crush almonds and walnuts
3. Add in low fat yoghurt, mix it and serve cold



Benefits:

This salad provides high quality protein from nuts and yoghurt for vegetarian. In addition high soluble fiber from apple aids in lowering cholesterol.