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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Vegetarian Does Not Have To Be "All Or Nothing"

By Melanie Mendelson

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Many people contemplate becoming a vegetarian at one point or another. Some consider a meatless diet because they feel sorry for the animals. Others think a vegetarian way of eating will improve their health.

However, out of those well-intentioned people very few actually follow through and change their way of eating. The idea of completely giving up meat forms a big stumbling block for most.

For some reason, when it comes to vegetarian cooking, most people only see the "extremist" approach: either give up meat completely or you might as well include the meat in every meal. This "all or nothing" thinking becomes a mental barrier that keeps a lot of people from eating more vegetarian meals.

How about finding a happy medium? Drastic changes to one's diet never last. Do not beat yourself up for eating meat. There is no need to give it up completely. Just try eating a little less of it, that's all.

Start right now by making one meatless dinner every week. Keep everything else the same. Eating just one vegetarian dinner every week is definitely doable and easy. It will be just a nice change instead of deprivation!

If you think going meatless one day a week would not make a big difference, consider these simple numbers: if everyone

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ate vegetarian meals just one day a week, it would save one out of seven animals. Out of 92 million animals that are consumed in the United States alone every year, over 13 million animals would be spared. This is a huge impact!

In addition to doing good for our planet, you'll enjoy great health benefits by including more fruits and vegetables in your diet. Fruits and vegetables are rich in vitamins, nutrients, anti-oxidants and fiber – all the things that are good for us. They can help with weight loss and prevent diseases. Numerous studies show that diets high in fruits and vegetables reduce the risks of deadly diseases such as

cancer, heart attack and stroke.

Also, by trying out new dishes, you will break your food routine and discover new tasty recipes and food combinations. It's really nice to eat something different once in a while instead of being stuck in a food rut.

This simple shift of mindset from "all or nothing" to a happy middle ground will do wonders. Vegetarian eating does not need to be a full-time commitment, sacrifice and strive for unattainable perfection. Just do what you can to eat a little less meat, have fun trying new vegetarian meals and enjoy the benefits.

Melanie Mendelson is the author of "Vegetarian Main Dishes –Yummy Recipes That Even Meat Eaters Will Love". Visit her website at <http://www.vegetarian-recipes-cookbook.com>

Vegetarian Diet Tips: Make Your Vegetarian Diet A Balanced Diet!

By Jasdeep

The world has opened eyes to the harmful side-effects of non-veg food like red meat and is now opening arms to Vegetarian Food. A very common myth found among common man is that vegetarian food doesn't provide you with necessary nutrients but a Vegetarian Diet, in no ways, is deprived of necessary nutrients, Only if you have a balanced Vegetarian Diet. Make sure you eat a lot of fruits and don't follow particular monotonous meals.

Some Nutrients you don't come across normally in Vegetarian Diets are:–

a) Iron

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b) Calcium

c) Zinc

d) Protein

e) Vitamin D

f) Vitamin B12

But you can always have vegetarian source for these nutrients. On the other side of the coin, there are a lot of benefits of Vegetarian Food (incomplete). They are rich in

. You can find Iron in the following Vegetarian Food items:– Cashews, tomato juice, rice, garbanzo beans (chick peas) and tofu.

. You can find Calcium in the following Vegetarian Food items:– Dairy products, fortified soymilk, fortified orange juice, tofu and broccoli.

. You can find Zinc in the following Vegetarian Food items:– Whole grains (especially the germ and bran of the grain), nuts, tofu, leafy vegetables (lettuce, spinach, cabbage), root vegetables (onions, potatoes, carrots, celery, radishes), eggs and dairy products.

. You can find Protein in the following Vegetarian Food items:– Vegetarians must eat a variety of plant foods over the course of a day to get enough protein. Eg: Tempeh, miso, lentils, tofu, nuts, seeds, and peas.

. You can find Vitamin D in the following Vegetarian Food items:– fortified cereals (or a small amount of sunlight) and Fortified milk and soymilk

. You can find Vitamin B12 in the following Vegetarian Food items:– Tempeh, miso, eggs, dairy products, fortified soymilk and cereals.. Tempeh and miso are foods made from soybeans. They are low in calories and fat and high in protein.

Know more about Balanced Diet at

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your complete and most comprehensive family guide on Health.

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