



Go Veg!

If you've thought of going vegetarian or vegan—or are simply veg-curious—you're in good company: Some 18 percent of college students consider themselves vegetarian. So whether you want to dabble in (or dive into) the world of plant-based eating, you'll find lots of entry points along "the vegetarian spectrum." Try a few and keep it healthy by including a variety of produce, protein, and starch (preferably from whole grains or starchy vegetables). Here, Rachel Meltzer Warren, MS, RD, author of *The Smart Girl's Guide to Going Vegetarian*, describes some options.



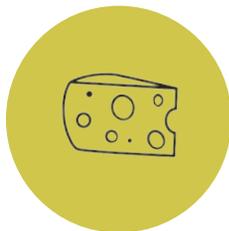
VEGAN

The most restricted type of plant-based eaters, vegans don't eat any animal products whatsoever (sometimes including honey).

Foods to include: Lentils, beans, and tofu (which give you iron, zinc, and protein), nuts and seeds (protein and healthy fats), whole grains and a variety of fruits and vegetables (healthy starches, vitamins, minerals, and phytonutrients).

Pros: Done right, it's super healthy—for both you and the planet.

Cons: Takes a lot of planning to do right.



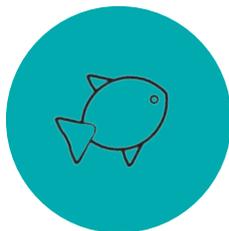
LACTO-OVO VEGETARIAN

The standard vegetarian diet includes no meat, poultry, or seafood but does include dairy and egg products.

Foods to include: The vegan options, plus yogurt, milk, cheese, and eggs.

Pros: Easier to follow than a vegan diet; lots of health benefits.

Cons: Too easy to rely on cheese as a swap for meat (No turkey for lunch? Cheese sandwich! No chicken in my burrito? Cheese burrito!)—and that can raise your cholesterol.



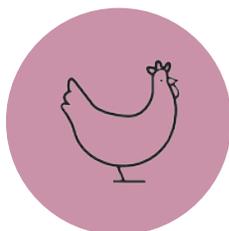
PESCATARIAN

These folks eat a vegetarian diet, plus seafood; they avoid poultry and red meat.

Foods to include: Everything in the lacto-ovo vegetarian diet, plus seafood. Oily fish, like salmon and tuna, give you omega-3 fatty acids—good for your brain and heart.

Pros: Some health benefits (like heart disease prevention) are linked to eating fish.

Cons: If you're going veg for ethical reasons, this can be hard to justify.



REDUCITARIAN

This is a new phrase to describe people who aim to reduce their intake of meat. To try this approach, simply make an effort to eat more meatless meals than you currently do.

Pros: It's a forward-thinking approach, and allows anyone to jump on board to do a little more than they did yesterday without a big commitment.

Cons: With no clear-cut definition, it may be hard to follow this one.

GOTTA HAVE IT—your opinion, that is!

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