

Vegeterian Diets

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Abstract

Current vegetarian eating patterns and practices in Western countries and their health effects are reviewed. They range from healthful and adequate to inadequate, and lifestyles that accompany them also vary. The distinction is drawn between eating vegetarian diets and vegetarianism, with its more extensive philosophical and lifestyle implications. Beneficial aspects of well-planned vegetarian eating patterns and some inadequate patterns are discussed, with special attention given to challenges in planning over the lifecycle.

Keywords

Fruitarian; Macrobiotics; Nonmeat eater; Plant-based diet; Semi-vegetarian; Vegan; Vegetarian; Vegetarianism

Figures and tables from this article:

Table 1. Common types of vegetarian dietary patterns categorized by animal food use



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