**SC CATERING- Vegetarian Diet Information**

**Section A: Learning about the Vegetarian Diet**

**Focus:** No meat, poultry, or fish.

**Types:**

1. **Lacto-Vegetarian**: Includes dairy.
2. **Ovo-Vegetarian:** Includes eggs.
3. **Lacto-ovo Vegetarian:** Includes dairy and eggs.

Typical Foods: Vegetables, fruits, dairy, eggs, legumes and grains.

*Apart of this journey as your chef would mean we together will curate awesome meal prep ideas based on your preferences. We can try different cuisines and experiment a ton. I can also offer suggestions based on my prior knowledge.*

**Section B: Key Points**

* While it is easier to cover nutrients through food compared to the vegan diet, vegetarians still need a balance for complete proteins.
* Protein would be one of the biggest things to pay attention to. Protein is vital for muscle repair and energy.

**Section C: Health Benefits**

1. Lower risk of heart disease.
2. Better weight management.
3. Lower risk of type 2 diabetes.
4. Reduced risk of kidney stones and gallstones.
5. Reduced cancer risk.
6. Decreased inflammation.
7. Improved digestion.