



Information on Vegetarian and Vegan Diets

A good place to begin is the [Vegetarian Starter Kit](#) also available in Spanish-language [Guía de Iniciación una Dieta Vegetariana](#)

and our fact sheet [Vegetarian Foods: Powerful for Health](#) also available in Spanish-language [La Comida Vegetariana: Poderosa para la Salud](#)

For additional information, check out

[FAQs About Vegetarian Diets](#)

Find answers about issues such as protein, milk, eggs, athletic performance, essential fatty acids, lactose intolerance, calcium absorption rates in foods, vitamin B₁₂, vegetarian diets for correctional facilities, and incorporating vegetarian meals on college campuses.

[FAQs About General Nutrition Issues](#)

[The New Four Food Groups](#)

[Information About Diabetes](#)

If you're pregnant, be sure to read [Vegetarian Diets For Pregnancy](#)

To raise vegan children, read our fact sheets:

[Vegetarian Diets for Children: Right from the Start](#)

[Vegetarian Diets: Advantages for Children](#)

a comprehensive report by PCRM's Nutrition Panel

[Healthy Snacks for Kids](#)

[Restaurant Vegetarian Starter Kit](#)

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