Your Health

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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 B_{12} , 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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