Pesco-Vegetarian Diet

Health Benefits

- Fish contain omega-3 polyunsaturated fats, Vitamin B12 and Iron- vegetarian diets can be lacking in these nutrients (2)
- Consumption of fish lowers risk for coronary heart disease mortality, stroke, atherosclerosis (2)
- Associated with lower cholesterol levels and BMI (4)
- Consumption of plant-based foods fights cancer, cardiovascular disease, diabetes, Multiple Sclerosis, and Alzheimer’s (1)
- Offers the lowest risk of any other type of vegetarian diet (3)
- Red meat is linked to increase in heart disease and cancer mortality (1)

Recommendations

- World Health Organization recommends 1-2 servings of fish per week (2)
- Healthy Plate recipe: ½ plate is fruits and vegetables, ¼ whole grains, ¼ protein (4)
- Focus diet around non-processed foods: fish, nuts, fruits, beans, vegetables, whole grains, vegetable oils (4)
- Vegetables should be colorful (red, green, yellow), greens should be dark and leafy (4)
- Soy, tempeh, fish, beans, and eggs can act as a good substitute for protein (4)
- Iron can be found in soy, lentils, spinach, and steel-cut oats (4)

