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The Importance Of Eating A Healthful Vegetarian Diet So often when people say they are vegetarian they mean that they do not eat meat. But being a vegetarian is about more than just not eating meat. It is possible to be a vegetarian in the sense of not eating meat and eat a very unhealthy diet indeed. A vegetarian diet may be high in cholesterol if it relies too much on cheese and eggs. It may be low in fibre if it is based on refined grain products like white bread, white pasta and white rice. If it lacks fresh vegetables your diet will be deficient in vitamins and minerals. You may be vegetarian but you may not be eating a healthful vegetarian diet. Going vegetarian is about more than just not eating meat. It means taking a positive decision to eat a wide range of foods that provide a balanced mixture of nutrients.

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