

# FOOD COMPLEMENTS FOR A VEGETARIAN DIET

To combine daily proteins, eat:

**Grains + legumes (main combination):**



**Rice and lentils**



**Wheat and peas**



**Bean burritos**

**Seeds or nuts + legumes:**



**Garbanzo & sesame (hummus)**



**Tofu and sesame**

**Grains + milk or eggs:**



**Quiche**



**Rice and eggs**



**French toast**

# FOOD COMPLEMENTS FOR A VEGETARIAN DIET

To combine daily proteins, eat:

**Vegetables + milk or eggs:**



**Cream soups**



**Vegetables with eggs or cheese sauce**



**Salad with sliced eggs**



**Omelet**



**Eggplant parmesan**

Food Complementarity	
Complete Proteins	Incomplete Proteins
Milk Eggs Fish Poultry Red meats	Grains (low in lysine, isoleucine) Legumes (low in tryptophan, methionine) Seeds and nuts (low in lysine, isoleucine) Vegetables (vary – most low in methionine, isoleucine)