his chapter gives you the information you need in order to plan recipes and menus suitable for various styles of vegetarian diets.

After studying Chapter 20, you should be able to:

1. Describe the main types of vegetarian diets.
2. Describe complementary proteins and describe how to include them in the diet.
3. List three nutrients other than proteins that non-vegetarians get mostly from animal products, and describe how vegetarians can include these nutrients in their diets.
4. Name and describe five food types derived from soybeans.
5. Explain why refined sugar may not be permitted in a vegan diet.
6. List seven guidelines for building a vegetarian menu.

A. Terms

Fill in each blank with the term that is defined or described.

1. A compound or molecule that, when combined with similar compounds, makes up a protein molecule.

2. A paste made by fermenting soybeans and various grains.

3. A style of vegetarian diet that excludes all animal products.

4. A style of vegetarian diet that excludes all animal products except eggs and dairy products.

5. A style of vegetarian diet that excludes all animal products except eggs.

6. A style of vegetarian diet that excludes all animal products except dairy products.
7. A style of vegetarian diet in which fish may be eaten.

8. A protein food made from defatted soy flour, processed and dried to give it a sponge-like texture, often flavored to taste like meat.

9. A liquid product made by soaking dried soybeans, draining them, grinding them, combining them with water and bringing to a boil, and then straining.

10. A product made by curdling the item described in number 9.

11. A fermented soybean product, originating in Indonesia, with a dense, meaty texture.

12. An amino acid that must be included in the diet in order for the body to get adequate protein.

13. A protein or protein food that contains all the amino acids described in number 12.

14. Protein foods that, when eaten together, supply all the amino acids described in number 12.

B. Short-Answer Questions

1. In addition to protein, what three nutrients, normally found in animal products, must be found in other sources in vegetarian diets and, thus, are of special concern? List as many non-animal sources of these nutrients as you can.

Nutrient: ____________________________

Sources: ____________________________

Nutrient: ____________________________

Sources: ____________________________

Nutrient: ____________________________

Sources: ____________________________

2. List three categories of foods that are valuable sources of protein in a vegan diet.

__________________________

__________________________

__________________________
3. In addition to the foods listed in question 2, list foods that a lacto-vegetarian can add to his or her diet to supply protein.

4. Considering the subject of complementary proteins, explain the meaning of "limiting amino acid."

5. Combine the following three kinds of foods into three groups that are good sources of complementary proteins:
   Whole grains
   Dried legumes
   Milk products

6. How many amino acids are considered "essential amino acids"?

7. Name and describe three types of tofu.

8. Name three plant products that contain complete protein.

9. Why are some sugar products avoided by many vegetarians?

10. What sugar products can be included in vegetarian diets?
C. Recipe Conversion

The following ingredients and quantities are for a recipe for Noodle Bowl with Stir-Fried Vegetables, yielding 12 portions, 4 oz noodles and 6 oz vegetables each. Convert the recipe to the yields indicated.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>12 portions, 4 oz noodles each</th>
<th>18 portions, 4 oz noodles each</th>
<th>18 portions, 5 oz noodles each</th>
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<tbody>
<tr>
<td>Vegetable oil</td>
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<tr>
<td>Scallions</td>
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<td></td>
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<td>Garlic cloves</td>
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<tr>
<td>Chopped ginger root</td>
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<tr>
<td>Carrots</td>
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</tr>
<tr>
<td>Red bell peppers</td>
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<tr>
<td>Shiitake mushroom caps</td>
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<tr>
<td>Bok choy</td>
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<tr>
<td>Mung bean sprouts</td>
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<tr>
<td>Snow peas</td>
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<tr>
<td>Firm tofu</td>
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<tr>
<td>Roasted peanuts</td>
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<td>Hoisin sauce</td>
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<td>Vegetable stock</td>
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<tr>
<td>Sesame oil</td>
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</tr>
<tr>
<td>Cooked Chinese noodles</td>
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