

CHAPTER 6

PROTEINS

REAL LIFE SCENARIO

Shannon is a college freshman. She lives in a campus dorm and is an aerobics instructor in the afternoon. She eats two or three meals a day at the dorm cafeteria and snacks between meals. Shannon and her roommate both decided to become vegetarians because they recently read a magazine article describing the health benefits of a vegetarian diet. Yesterday her vegetarian diet consisted of a pop tart for breakfast and a tomato-pasta dish (no meat) with pretzels and a diet soft drink for lunch. In the afternoon, after her aerobic class, she had a few cookies. At dinnertime, she had a vegetarian sub sandwich with two glasses of fruit punch. In the evening, she had a bowl of popcorn.

What type of vegetarian is she? How could she improve her new diet to meet her nutritional needs?