

...the scoop on the seat

What do vegetarians eat, anyway?

Vegetarian food is not bland at all! Vegetarians and vegans can eat:

- Middle Eastern food, like hummus and falafel, tabouli and baba ganoush
- Indian food, like samosas, pakoras and naan
- Italian food, like pizza, pasta, lasagna, ravioli, gnocchi
- Japanese food, like vegetable tempura, vegetable sushi noodles, tofu
- Mexican food, like vegetable and bean tacos, burritos and guacamole
- And finally, American food, like PB and J, and veggie burgers

It's so easy and delicious to eat vegetarians foods. Try it!

Visit this website for more:
www.vegetarianyouth.com