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Show: The Modern Way of Being a Vegetarian

Host: Gloria Tsang, RD

Guest: Dawn Jackson Blatner, RD, LDN

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Transcript

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Gloria Tsang, RD: Welcome to the Nutrition Tidbits Podcast. This is Gloria Tsang, Editor-in-Chief for HealthCastle.com. We know the many health benefits of eating a plant-based vegetarian diet. In fact, vegetarians live 3.6 years longer than meat eaters. So you want to become one, but don't want to eat cardboard soy products every day? You are not alone. Joining me today is nutritionist [Dawn Jackson Blatner](#), author of the Flexitarian Diet. She is here today to tell us how to become a vegetarian the 21st century way. Thank you for joining me Dawn.

Dawn Jackson Blatner, RD, LDN: Thank you for having me.

Gloria Tsang, RD: Now, I am always confused with all the vegetarian terms, such as vegans, lacto-ovo, etc... Now we have a new term called flexitarian? Tell us what it really means.

Dawn Jackson Blatner, RD, LDN: This is basically two words put together - flexible plus vegetarian so you get the word flexitarian. This is a new way to eat that minimizes meat without excluding it all together. Why I live it is that you get the health benefits of being a vegetarian without having to give up meat.

Gloria Tsang, RD: So are you a vegetarian or a flexitarian?

Dawn Jackson Blatner, RD, LDN: I'm a flexitarian and proud of it.

Gloria Tsang, RD: Now my grandma was a vegetarian, a strict vegan vegetarian. I grew up with tofu so I simply love soy products but I know that not everyone shares the same passion. Being a vegetarian is not about just eating [soy products](#), isn't it?

Dawn Jackson Blatner, RD, LDN: Well you know what's great about this book is really for people who have the tendency to want to eat more vegetarian foods but don't know where to get started. In the first chapter where it talks about different food groups, I go through not only soy beans, but I go through all different kinds of beans, nuts and seeds you can put in your diet to replace meat but not necessarily exclude it all together.

Gloria Tsang, RD: What are some of the protein foods that you suggest to replace meat?

Dawn Jackson Blatner, RD, LDN: To be a flexitarian, you can either

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