Blog

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# Trying out a vegetarian diet

In last week’s blog I mentioned that I’m going to start a vegetarian diet. It’s been a week since I started and here is how it is going so far.

## Vegetarian? What is that?

Vegetarians eat fruits, vegetables, diary products and more but they don’t eat meat. You can see it as being “vegan light”.

## Theoretical Benefits

A vegetarian diet does have some benefits like for example:

* Improving heart health
* Slightly decreases cancer risk
* Helps preventing type-2 diabetes
* Lowers blood pressure
* Helps with asthma
* Improves bone health

Although this diet does have some benefits it also has some caveats. By pursuing this died you may lack certain vitamins and minerals. This can be offset by eating certain foods or taking supplements.

## My Experience

It has been quite easy to transition to this diet for me. Googling online for varied vegetarian diets and foods helped a bit too. I’ve been eating various dishes like various curries, scrambled eggs, peas with vegetarian patties and so forth. There are a lot of vegetarian dishes. You won’t be running out of new recipes, so don’t worry about that. Even if your current favorite food isn’t vegetarian, you might be able to find a vegetarian alternative to it. Most vegetarian dishes were very tasty too! I’m trying to get a balanced diet currently, but if I can’t get all the required vitamins, I might have to get some supplements.

## Final Words

For me, this week was pretty interesting. I faired quite well into transitioning into this new diet. Not everyone will fair this well, but if you’re interested you should definitely try! (If you can afford it).