1995 Vegetarian Support Group Booths

We hope to plan a series of booths on vegetarianism-related health information in order to dispel myths about vegetarianism as well as relay the newest nutritional information from recent studies to the MIT community.

Health-related booths:
Protein - vegetarian diet has more than enough ; most people get too much protein
Cholesterol and Fat - most people think dietary cholesterol is necessary - it is not, and is just harmful; vegetarian foods have NO cholesterol; HDL vs. LDL cholesterol; increased risk of many diseases due to cholesterol and fat intake
Iron - Heme vs. non-heme
Dairy products - calcium, the protein-osteoporosis connection, lactose-> glucose, galactose, lack of lactase
Cancer and Heart Disease - fiber, antioxidants
Diet-related diseases: Heart disease, Cancer, diabetes, correlation btwn low meat intake and low risk for disease
Weigh Control/Weight Loss
Vegetarian Diets for Athletes

Other booths:
Great American Meatout (with SETA)
?World Farm Animals Day? (with SETA)
Mother's Day Veal Ban (with SETA)
Environmental Impacts (with SAVE?)
Fur and Hunting (with SETA)
Animal experimentation (with SETA)