

Essentials for vegetarians

Health benefit solutions

Vegetarian diets and their health effects

Vegetarian diets have been practiced since ancient times. Throughout history, vegetarianism has been promoted from various philosophical and health-related standpoints. More recently, vegetarian diets have been scientifically evaluated, and they have been shown to provide certain advantages when investigating their effects on disease, or dietary composition.

A well-balanced vegetarian diet is a healthy choice for most people as long as the diet's potential deficits are recognized. Generally, vegetarian diets contain not just an absence of animal products; they have higher amounts of fruit, vegetables, whole grains and legumes providing a large amount of fiber, and for ovo-lacto vegetarians, more dairy and eggs.

Vegetarian diets are associated with a lower risk of cardiovascular disease and cancer. Additionally, vegetarians have a lower body mass index, possibly due to the lower caloric density of vegetarian diets or the satiating effect of all that fiber and bulk!

The health benefits of eating meat-free are thought to be due to both reduced consumption of less healthy dietary components, and increased consumption of healthier foods. They also tend to be higher in fiber, carotenoids and phytonutrients, and have a higher antioxidant status.

Know your vegetarians

Vegans (or strict vegetarians) eat food of vegetable origin only, no meat, fish, milk or eggs

Ovo-lacto vegetarians eat milk and eggs, but no meat or fish

Pescetarians eat fish, milk and eggs

Semi-vegetarians eat meat in less than half their meals

Vegetarianism is increasing in popularity due to wider interest in improving health and the ecological consequences of lifestyle choices. There is high awareness of meat-free diets in general, particularly from celebrities and key opinion leaders. Vegetarian diets limit the consumption of some nutrient-dense animal foods, which may raise concerns for adequate levels of some nutrients.



How can we *Health* you?

Being a vegetarian is a way of life that is healthy and satisfying for many people around the world. The reasons for vegetarianism are diverse and cover many philosophical and practical positions. Avoiding particular foods can nevertheless provoke concerns about adequate nutrient intakes. DSM offers solutions to help vegetarians achieve nutritional harmony.

DSM's broad portfolio of innovative, high-quality and safe nutrients, combined with our consumer insights, market knowledge and application expertise, can help your vegetarian positioned products attract more consumers.

We are the only integrated premix, vitamin and nutraceutical manufacturer capable of creating and delivering tailor-made formulations to you anywhere. Blend in our extensive scientific expertise, technical know-how, global presence and total quality assurance for your peace-of-mind.



® Via our global network of blend facilities we create value-adding nutrient combinations custom-made for you. Our Quali®-Blends can offer the right balance of ingredients supporting vegetarians' health.

DSM can help you get to market faster with appealing solutions for vegetarians that work.

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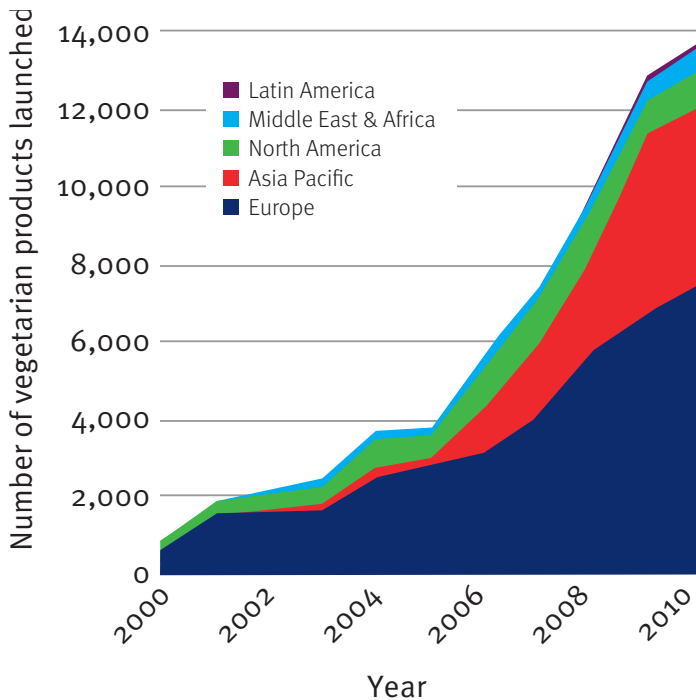
A growing vegetarian market

The global vegetarian market is large, with more than 500 million vegetarians and more than 800 million additional semi-vegetarians worldwide. In India alone, an estimated 400 million people consume a vegetarian diet due to cultural and religious beliefs.

In developed countries, vegetarians are more likely to be female, younger and have a tertiary education. The population of vegetarians and semi-vegetarians is growing worldwide.

Global vegetarian product launches

Source: Mintel, Global new product database 2011



The number of vegetarian products launched has increased more than 10-fold during the last decade

Nutrients for vegetarians

These nutrients are of key importance to maintain a nutritious vegetarian diet:

- Protein containing the full range of essential amino acids
- Vitamin A and β -Carotene as pro-vitamin A, vitamin D, vitamin B12, vitamin C, folate and choline
- Omega-3 long-chain PUFAs from a vegetarian source
- Minerals: calcium, iodine, iron, phosphorus and zinc
- Enhanced mineral absorption utilizing Phytase

Vitamins

Quali[®]-A
Choline
Quali[®]-B
Quali[®]-C
Quali[®]-D

Minerals

Calcium
Iodine
Iron
Phosphorus
Zinc

Nutritional lipids

life'sDHA[™]

Other ingredients

Tolerase[™] P phytase enzyme

Carotenoids

Quali[®]-Carotene
CaroCare[®]

	Pregnant women	Breastfeeding women	Infants and toddlers	Children and adolescents	The elderly	Athletes
Calcium	✓	✓		✓	✓	
Choline	✓	✓				
Folate	✓				✓	
Iron	✓		✓	✓		✓
Protein	✓	✓			✓	✓
PUFAs	✓	✓	✓	✓	✓	✓
Vitamin A	✓					
Vitamin B6					✓	
Vitamin B12	✓			✓	✓	
Vitamin D	✓	✓	✓	✓	✓	✓
Zinc	✓			✓		✓

The above information is based on scientific studies, and a list of the latest references is available on request.



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Quality for Life[™] means sustainability. It symbolizes our commitment to our environment, consumers, our business partners, our people and the regulatory framework that governs our operations.
With the Quality for Life[™] seal, we aim to ensure peace of mind for you and for your customers.
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For more information on this Health Benefit Solution by DSM, please visit www.dsmnutritionalproducts.com, www.quali-blends.com or e-mail info.dnp@dsm.com

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