Simple Servings offers a variety of food options for students with dietary restrictions.

- **Lacto-vegetarian** diets exclude meat, fish, poultry and eggs, as well as foods that contain these allergens. Dairy products, such as milk, cheese, yogurt and butter, are allowed.

- **Lacto-ovo vegetarian** diets exclude meat, fish and poultry, but allow dairy products and eggs.

- **Ovo-vegetarian** diets exclude meat, poultry, seafood and dairy products, but allow eggs.

- **Vegan** diets exclude meat, poultry, fish, eggs and dairy products and foods that contain these allergens.

Vegetarians are at lower risk for developing obesity, heart disease, diabetes, high blood pressure and certain cancers, according to the Academy of Nutrition and Dietetics. These health implications may be because a vegetarian diet tends to include higher amounts of fruits, vegetables, whole grains and soy protein and lower amounts of saturated fat and cholesterol.

October 1st is World Vegetarian Day

World Vegetarian Day on October 1st kicks off Vegetarian Awareness Month during the entire month of October. A vegetarian diet is defined as a diet that omits meat and seafood and any products containing these foods. There are many different types of vegetarian diets.

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Fujis: This sweet, crisp, bi-color apple is very popular. It is large in size and goes great on salads and is perfect for baking or eating as a healthy snack.

Granny Smith: This apple is on the other side of the spectrum. It is very tart with a hint of lemon that will make anyone’s mouth water. These are one of the best apples for baking due to its versatility in texture and flavor.

Honeycrisp: One of the most desirable apples when going apple picking. These apples are sweet with a bite that is like no other. If virtually sniffs off when you take a bite. Honeycrisp is large in size and has a honey-like sweetness (thus the name).

Gala: This apple is mellower in flavor with a hint of vanilla. The apple is small in size and perfect for snacking. Add some peanut butter to your gala apple. Or you can slice it up and compliment it with cheese.

Healthy Pumpkin Pie Dip with Apple Slices

**Ingredients**
- 1 cup of Greek yogurt
- 1/2 cup pumpkin puree
- 1/4 cup brown sugar
- 1 teaspoon cinnamon
- 1 teaspoon vanilla

**Instructions**
In a small bowl, mix together all ingredients. Chill for 30 minutes. Serve with apple slices.

For more information, please contact:
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