



**CALIFORNIA STATE SCIENCE FAIR
2008 PROJECT SUMMARY**

Name(s) Kinsey C. Drake	Project Number J1511
Project Title Do Vegetarians Get Enough Essential Nutrients?	
<p style="text-align: center;">Abstract</p> <p>Objectives/Goals The objective is to find out if vegetarians get enough essential nutrients</p> <p>Methods/Materials Nine people (3 non vegetarians, 3 flexatarians¹, 3 vegetarians) were asked to write down what they ate for three days to determine what foods they ate. Once I had that information, I used the USDA My Pyramid Tracker to calculate what nutrients they ate for those three days. The required amounts were used as a sort of control to determine what the subjects should eat. The amount of nutrients they should eat was determined by age, gender, height, and weight. (1) A flexatarian is someone who eats fish and minimal amounts of meat</p> <p>Results In all groups of subjects, there was an adequate if not more than needed, supply of vitamin B12, vitamin B6, Protein, carbohydrates, vitamin C, and iron. All groups needed more potassium and fiber. All groups except for non-vegetarians needed more calcium. Vegetarians tended to get less than needed of zinc and vitamin A</p> <p>Conclusions/Discussion My hypothesis turned out to be partially incorrect. According to my results, being a vegetarian does not necessarily mean you do not get enough nutrients. There were a few nutrients vegetarians didn't get enough of, but that can easily be accomplished by eating more fruits, vegetables, and dairy. Vegetarians do get less protein than other people, but that doesn't mean they don't get enough. If you are a vegetarian, you simply get less protein than non-vegetarians.</p>	
Summary Statement This research was intended to discover and conclude if vegetarians get enough essential nutrients on a daily basis.	
Help Received My dad taught me how to format graphs (although I did them myself), and my teacher gave me advice on the research I should do.	