

HEALTHY EATING the veggie way

A VEGETARIAN DIET HAS EVERYTHING YOU NEED FOR GOOD HEALTH



Protein

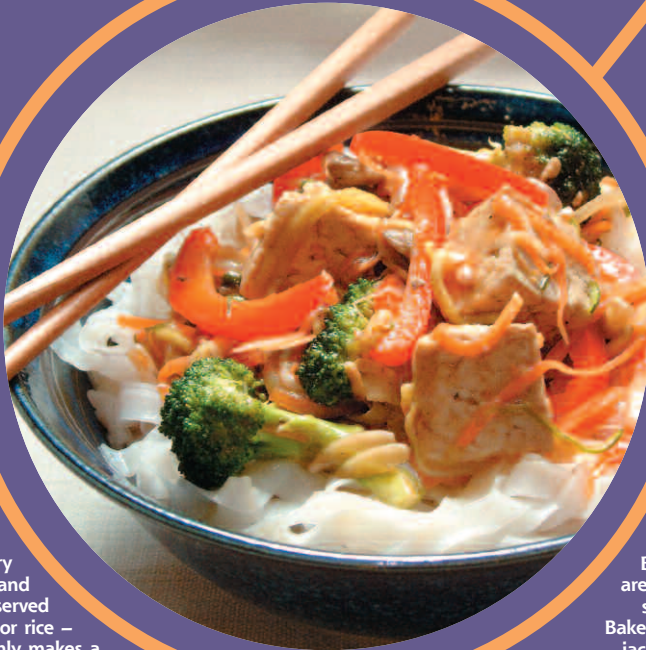
Veggie burgers are an excellent source of protein. A soya burger or sausage in a wholemeal bread roll is not only a yummy protein-rich meal or snack, but also provides lots of iron, fibre and carbohydrates.

Fibre

Vegetarian shepherd's pie is rich in fibre. A shepherd's pie made with soya mince and vegetables (topped with mashed potato), makes a tasty, nutritious main meal that is rich in fibre, protein, iron and carbohydrates.



There are no nutrients in meat that cannot be found in abundant quantities in a vegetarian diet – including protein, iron and calcium.



Calcium

Broccoli and tofu are rich sources of calcium. A stir-fry with vegetables and flavoured tofu – served with noodles or rice – not only makes a calcium-rich delicious main dish, but also contains lots of protein, fibre, iron and zinc.

Iron

Baked beans are an excellent source of iron. Baked beans with a jacket potato make an ideal snack, and also supply heaps of protein, carbohydrates and fibre.



A vegetarian diet is healthier for you, for the animals and for the planet

A varied veggie diet contains an abundance of all the vitamins and minerals necessary to help you stay slim, fit and healthy. You can get all the nutrients needed, including protein, iron and calcium, from vegetarian foods – even if you do not eat dairy products or eggs.

Protein: Necessary for growth, healing and building new cells.

Calcium: Essential for strong teeth and bones.

Fibre: Important for healthy bowels, protects against cancer and also helps reduce blood cholesterol.

Carbohydrates: Our main and most important source of energy.

Iron: Important for healthy blood and to transport oxygen around the body.



For more information on vegetarianism, or for recipes including those featured on this poster, contact Animal Aid:

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