

# A Guide to Vegan Nutrition



Obtaining all the nutrients you need on a vegan diet does take some planning – but this is no different from any other diet. Here we've made it as simple and easy as possible.



**Protein** – Soya products such as tofu, tempeh and soya milk, pulses (lentils, beans, chickpeas), peas, legumes, whole grains, quinoa, vegan 'meat' alternatives made from pea protein or soya.



**Vitamin B12** – Fortified cereals, fortified plant milks (soya, oat, almond, coconut), yeast extracts (Marmite), fortified nutritional yeast, fortified vegan spreads/margarine.

**Vitamin D** – Mushrooms which have been exposed to sunlight, fortified products such as plant milks, a vegan supplement.



**Iodine** – Seaweed/nori, kelp, green leafy vegetables



**Vitamin A** – Carrots, green leafy vegetables, dried apricots, bell peppers, sweet potatoes, butternut squash.



**Omega Fatty Acids** – Walnuts, linseeds (flaxseeds), chia seeds, rapeseed oil, hemp seeds.



**Other B vitamins** – Yeast extracts (Marmite), nuts, rice, mushrooms, avocados, nuts, sunflower seeds, sesame seeds.

**Vitamin C** – Fruits (oranges and other citrus fruits, blueberries, blackcurrants, cranberries), broccoli, spinach.



**Iron** – Lentils, chickpeas, tofu, cashew nuts, chia seeds, pumpkin seeds, kale, dark leafy vegetables, oats.



**Vitamin E** – Almonds, avocados, vegetable oils, hazelnuts, butternut squash, sunflower seeds.



**Potassium** – Bananas, dried fruit, nuts, pulses, whole grains, potatoes.



**Calcium** – Dark leafy vegetables, tofu, dried fruit, fortified plant milks

**Iodine** – Seaweed/nori, kelp, green leafy vegetables

**Zinc** – Lentils, pumpkin seeds, sesame seeds, brown rice, whole grains, green vegetables.



**Fibre** – Fruits, vegetables, whole grains, nuts, oats, pulses, beans.

