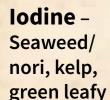
# A Guide to Vegan Nutrition

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



vegetables



## **Omega Fatty Acids**

- Walnuts, linseeds (flaxseeds), chia seeds, rapeseed oil, hemp seeds.





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

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

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.



Almonds, avocados, vegetable oils, hazelnuts, butternut squash, sunflower seeds.

Vitamin E -

Potassium -Bananas, dried fruit, nuts, pulses, whole grains, potatoes.

Selenium - Brazil nuts, beans, pulses, whole grains.









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

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

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

> Fibre - Fruits, vegetables, whole grains, nuts, oats, pulses, beans.