# Vegan Guide to Good Nutrition

Vegans who eat a balanced diet don't lack any of the nutrients that their bodies require. In fact, a diet totally free of animal products can be healthier because it contains lots of fruits and vegetables and little saturated fat.

### Protein and repair of the

body's cells and tissues; for making strong bones and muscles; and

- for maintaining the immune system. • Foods made from soya (e.g tofu and sausages made from soya) · Pulses
- (e.g. beans, lentils,

- Nuts Quinoa

### Carbohydrate

Carbohydrate is the main source of energy for the human body. There

are three main types: simple sugars (found in fruit and table

sugar and sweets), complex carbohydrates (or starchy foods) and dietary fibre - see section below on fibre.

# Complex carbohydrates:

Wholegrain cereals (e.g. wheat, oats, rice) • Potatoes • Pulses • Quinoa

### DID YOU KNOW?

Good for healthy bowels and also to help lower blood cholesterol levels, which is important for reducing the risk of heart disease.

It may also help prevent some types of cancer.

• Wholegrain cereals • Fruit • Nuts • Pulses • Vegetable

### DID YOU KNOW?

· Meat, fish, eggs and dairy products contain no fibre at all. High-fibre foods can help fill you up, which is why they're such a great choice if you want to lose weight.

# People who eat a diet free of animal products are called vegans.

Vegans follow a completely plant-based diet and do not eat anything that comes from an animal, including meat, fish, eggs, dairy products and honey. Vegetarians don't eat meat or fish, but may eat eggs, dairy products or honey.

# **Fats**

Having some fat in our diet helps the body absorb some vitamins. Fat is a good source of energy and it provides essential fatty acids that the body can't make itself. There are two main types of fat found in

food - saturated and unsaturated. Unsaturated fats:

• Olive oil (healthiest oil) • Rapeseed oil (canola) • Corn oil • Sunflower oil • Soya oil

### DID YOU KNOW?

of cholesterol in your blood, so it's a good idea to eat foods that are rich unsaturated fat instead. The good news is that a vegan diet is low in saturate fats. Vegetarian foods containing saturated fats include butter, cream, cheese, and butter ghee — so you should avoid eating too much of these. It's also best to avoid hydrogenated vegetable fat, as this contains trans fats, which, like

### Omega 3 Fatty Acids

The omega 3 fats ALA, EPA and DHA are thought to be important for brain development and for protecting the body's cardiovascular system. EPA and DHA omega 3 fatty acids are not commonly found in vegetarian and vegan diets. Within the body however, ALA omega 3 can be converted into EPA and DHA omega 3 - the important nutrients commonly

### found in fish oil.

### Omega 3 (ALA sources):

- hulled hemp seeds
- Rapeseed oil
- Chia seeds Walnuts

# DID YOU KNOW?

EPA and DHA omega 3 fatty acids are created by small algae that live in the sea. Ocean fish are a rich source of these nutrients because they consume the algae and concentrate the nutrients. However, oily fish are not the only source of omega 3 acids. Flaxseed oil is the richest vegan or plant-based food source of ALA omega 3. To obtain its food value, it's best not to cook with it, but instead add it to a salad dressing or mix it into a fruit smoothie.

# Important for healthy blood

chickpeas) · Soya foods Green leafy veg

# DID YOU KNOW?

ood idea to eat foods that are rich in iron and rich in

### Important for strong bones and teeth.

- Green leafy veg such as broccol abbage and kale • Dried fuit
- Fortified plant milks



Important for healthy-looking skin, hair and nails, and essential for a healthy immune system and resistance to infection.

Pulses (beans, lentils, chickpeas) • Walnuts • Wholemeal bread • Cashew nuts

• Quinoa • Seeds (hemp seeds, pumpkin seeds & sesame seeds)

### DID YOU KNOW?

oods such as leavening bread, sprouting beans, chickpeas nd lentils may help to increase zinc absorption

### Selenium

An antioxidant that helps you maintain a healthy immune

# Iodine

Important for the production of thyroid hormones, which help ensure a healthy metabolism.

• Seaweeds such as kelp (kombu) and nori

Some vegans feel that a supplement is the most reliable way of meeting their body's need for iodine.

### DID YOU KNOW?

### Magnesium



portant for bones, nerves and nuscles. It also helps turn the food • Nuts (particularly almonds

& cashew nuts)

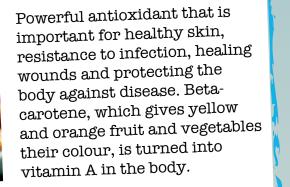
NUT BURGER broccoli & spinach)

 Wholegrain cereals • Soya products • Pumpkin seeds • Green beans

### DID YOU KNOW?

umpkin seeds are delicious lightly roasted in th oven. By roasting them for a short time at a low temperature you can help to preserve their healthy oils

# Vitamin A



- (especially spinach and watercress) • Red and yellow peppers • Tomatoes

rather than raw (except when they are juiced)

### **B** Vitamins



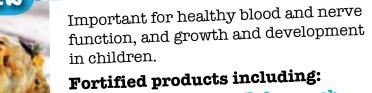
Important for the proper functioning of the brain, heart and nerves, and for blood formation. They also help maintain healthy skin and muscle tone.

Wholegrain cereals • Nuts • Yeast extract (Marmite) • Mushrooms

Bananas • Peas • Rice • Avocados Sunflower seeds • Sesame seeds Green leafy vegetables (especially spinach)

There are eight vitamins in the B group. These are: 31 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid B6 (pyridoxin), B7 (biotin), B9 (folic acid) and B12 (see below).

### Vitamin B12



# • Nutritional yeast flakes such

as Engevita • Plant milks • Vegan margarines

• Cereals • Yeast extracts such as Marmite

Some vegans feel that a nutritional supplement is the most reliable way of meeting their body's need for B12.

### DID YOU KNOW?

Vitamin B12 is not found in any plant foods. Vegans need to eat foods fortified with B12 or take B12 supplements.

### Vitamin C

Powerful antioxidant that is important for healthy skin, teeth and gums. Also for resistance to infection,

> healing wounds and protecting the body against disease. Helps the body to absorb iron.

Papaya • Red pepper • Broccoli

Oranges • Kiwi fruit • Potatoes

### DID YOU KNOW?

Scurvy is a disease resulting from a deficiency of vitamin C. Years ago the disease was common among sailors who were aboard ships at sea for longer than perishable fruits and vegetables could be stored.

### Vitamin D

Helps your body absorb calcium and form healthy

bones and teeth and is important for a healthy immune system.

### • Sunlight on the skin Fortified foods including

Plant milks

you are getting enough

Vitamin K

 Vegan margarines Breakfast cereals

**DID YOU KNOW?** 

ortified with vitamin D to ensure that

xposed to sunlight. In the winte

- Plant oils

Vitamin E

antioxidant

important for

against disease.

healthy skin, resistance to

infection, healing wounds

and for protecting the body

Wheatgerm in cereals

that is

# DID YOU KNOW?

elenium are all part of defence system, preventing lamage to cells and tissues.



Important for blood clotting and healing wounds. It is also thought to have a role in building

# Green leafy vegetables

- Brussels sprouts

# J DID YOU KNOW?

As well as obtaining vitamin K from food, we also get some from our own podies because it's produced by bacteria in our intestines.

# For more information, contact:

nimal Aid, The Old Chapel, Bradford Street, Tonbridge, Kent, TN9 1AV Tel: 01732 364546 Email: info@animalaid.org.uk or visit: animalaid.org.u



Beans (baked beans, kidney beans butter beans, etc)

- Green peas Chickpeas
- Lentils Vholegrain
- ereals Breakfast cereals such as porridge pats, shredded wheat
- Weetabix & muesli) Pasta & spaghett
- Bread Rice
- Noodles
- Almonds Brazi nuts • Cashew nuts
- Hazelnuts

Walnuts

- Sunflower seeds
- Pumpkin seeds Sesame seeds

# oya foods

Vegan burgers and sausages (mad rom soya)

> Soya milk • Tofu Soya mince

reen leafy egetables

Broccoli Okra

