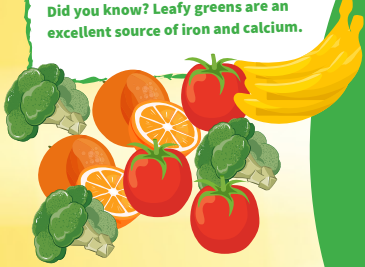


# Vegan Eatwell Guide

Good nutrition is about balancing food groups and using fortified foods and supplementation sensibly. Use the Vegan food plate as a guide to help you get all the nutrients you need without consuming animal products.

## Fruit & vegetables

Aim to eat at least five portions a day and eat the full, delicious rainbow of fruits and veggies. Enjoy fresh fruit as a quick, easy snack or blend frozen fruit into tasty smoothies. Experiment with different cooking methods for vegetables, such as roasting or stir-frying, to change up the flavours and textures. Serve on the side of other dishes or make them the main ingredients in salads, stir-fries, curries and soups.  
**Did you know? Leafy greens are an excellent source of iron and calcium.**



## Fruit & vegetables



## Protein-rich foods

Protein is important for growth and repair of the body's cells and tissues. Add a variety of pulses such as beans, chickpeas, peas, peanuts and lentils to your meals to get all the essential amino acids. Soya products such as tofu and tempeh are packed with protein as well as other essential nutrients. These are all low in fat, high in fibre, and much cheaper than eating animal products. Many meat alternatives such as vegan Quorn (mycoprotein) are high in protein.  
**Did you know? All the essential amino acids that our bodies need are found in plants.**

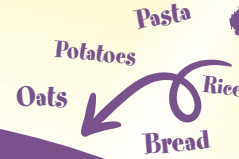


## Protein-rich foods

While it is possible to get Vitamin B12, Vitamin D, iodine and selenium from a vegan diet, it can be more difficult. Take supplements to make sure you're getting enough. You can find affordable vegan multivitamins in most health shops.

## Starchy carbohydrates

Carbohydrates are the main source of energy for the body; it's like the fuel that keeps us running! It is best to eat starchy carbohydrates such as bread, potatoes, pasta and rice rather than processed sugars, so that the energy is released gradually.  
**Did you know? Around half of your calories should come from carbohydrates.**



## Starchy carbohydrates

## Oils, sugars and healthy fats

Eat these calorie-dense foods sparingly, particularly limiting saturated fat as it can increase the risk of developing heart disease.  
**Did you know? Vegan diets tend to be lower in saturated fat and higher in heart-healthy fats.**

Fats are an essential part of our diet for energy and to absorb other nutrients. Aim to eat one serving of nuts and seeds such as peanuts (and peanut butter), walnuts, linseeds or chia seeds every day to get essential healthy fats, such as omega-3 and omega-6.  
**Did you know? Chia and linseeds can both be used as an egg substitute for baking.**



## Oils, sugars and healthy fats

## Nuts & seeds

## Calcium-rich foods

Soya, oat, almond, rice, coconut... whichever plant milk you choose, opt for the unsweetened, fortified version so you get essential nutrients like calcium, iodine, vitamin D, B2 and B12.  
**Did you know? Soya milk is very high in protein at around 6g per glass.**



## Calcium-rich foods

[www.animalaid.org.uk](http://www.animalaid.org.uk)

