

Healthy Eating

The Vegan Way



Protein

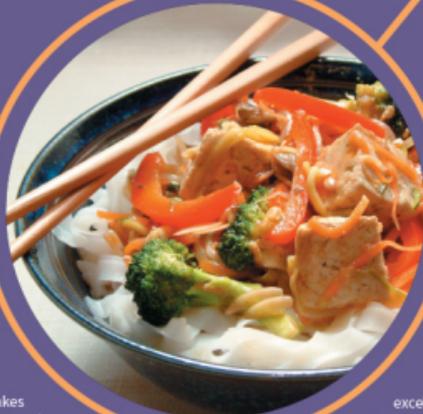
Vegan burgers made from soya, vegan Quorn, beans or nuts are an excellent source of protein. Served in a roll with salad and a relish, they're not only a delicious protein-rich meal or snack, but also provide loads of iron, fibre and vitamins.

'With good planning and an understanding of what makes up a healthy, balanced vegan diet, you can get all the nutrients your body needs.'
NHS Live Well Guide

A VEGAN DIET HAS EVERYTHING YOU NEED FOR GOOD HEALTH

Calcium

A deliciously creamy dairy-free cheesecake made with low-fat tofu and soya yogurt is an indulgent treat that's packed with calcium. Topped with fruit, this mouth-watering sweet dessert also supplies vitamins and fibre.

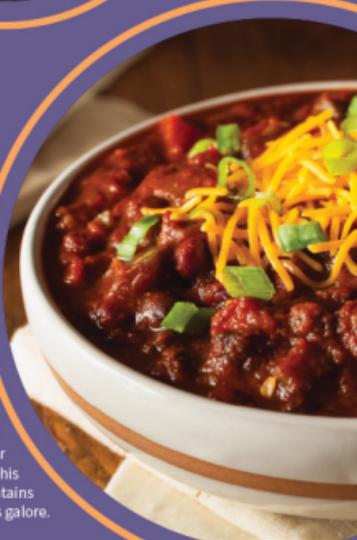


Fibre

A vegetable stir-fry with tofu, sweet peppers and broccoli - served with noodles or rice - not only makes a delicious low-fat meal that's packed with fibre, but also contains lots of protein, calcium, iron and vitamins.

Iron

Beans and soya mince are excellent sources of iron. Packed with flavour and healthy ingredients, this tasty vegetable chilli also contains protein, fibre and vitamins galore.



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

A varied vegan diet contains an abundance of all the vitamins and minerals necessary to help you stay slim, fit and healthy. Check out our website, animalaid.org.uk, for more information, including recipes.

Protein: Needed for growth, healing and the body's repairs.

Calcium: Essential for strong teeth and bones.

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

Iron: Vital for healthy blood and to transport oxygen around the body. Protects against anaemia.



For more info on veganism and for recipes, including the dishes featured on this poster, contact us, or visit our website.

Animal Aid
The Old Chapel, Beadford Street
Tokebridge, Kent TN11 7LW
01732 366561
info@animalaid.org.uk
www.animalaid.org.uk