

## **What is a 'Vegan'?**

Vegetarians do not eat meat, poultry, fish or seafood. Vegans, in addition to being vegetarian, do not eat or use other animal products and by-products such as eggs, dairy products, honey, leather, fur, silk, wool, cosmetics, and soaps derived from animal products.

## **Why Veganism?**

Most people choose to be vegan for health, environmental, and/or ethical reasons. For example, some vegans feel that by consuming eggs and dairy products one is promoting the meat industry. That is, once dairy cows or egg-laying chickens are too old to be productive, they are usually slaughtered for meat. Also, since male calves do not produce milk, they usually are raised for veal or other products; similarly, as male chickens do not produce eggs they are killed not long after birth. Some people also avoid these items because of conditions associated with their production.

Many vegans choose this lifestyle to promote a more humane and caring world. They know they are not perfect, but believe they have a responsibility to try to do their best to live a compassionate and considerate life.

## **Vegan Nutrition**

The key to a nutritionally sound vegan diet is variety. A healthy and varied vegan diet includes fruits, vegetables, plenty of leafy greens, whole grain products, nuts, seeds, and legumes. This is not as 'boring' as it sounds due to the wide range of meat alternatives, non-dairy milks, soy-based yogurts and ice-creams, biscuits, chocolates etc. available these days that are completely free of animal products.

### **Protein**

It is quite easy for a vegan diet to meet the recommendations for protein as long as calorie intake is adequate. Strict protein planning or combining is not necessary. As mentioned above, the key is to eat a varied diet.

Almost all foods except for alcohol, sugar, and fats contain protein. Vegan sources include: potatoes, whole meal bread, rice, broccoli, spinach, almonds, peas, chickpeas, peanut butter, tofu, soy milk, legumes and many of the meat alternatives available. (Refer to our website for an extensive list of meat alternatives currently available.)

For example, if part of a day's menu included the following foods, you would easily meet the Recommended Dietary Intake (RDI) for protein for an adult male:

1 cup oatmeal, 1 cup soy milk, 2 slices whole meal bread, 1 bagel, 2 tablespoons peanut butter, 1 cup baked beans, 100 grams tofu, 2 tablespoons of almonds, 1 cup broccoli, and 1 cup brown rice.

### **Fats**

Vegan diets are completely free of cholesterol and are generally low in fat. Thus eating a vegan diet makes it easy to conform to recommendations given to reduce the risk of major chronic diseases such as heart disease and cancer. High-fat foods, which should be used sparingly, include oils, margarine, nuts, nut butters, seed butters, avocado, and coconut.

### **Vitamin D**

Vitamin D is not found in the vegan diet (unless present in fortified foods) but can be synthesized in the body from exposure to sunlight. At least ten to fifteen minutes of summer sun on hands and face two to three times a week is recommended for adults.

### **Calcium**

Calcium is needed for strong bones and teeth. It is found in dark green vegetables, tofu processed with calcium sulfate, almonds, soymilk (fortified), molasses, tahini, sesame seeds, soybeans, figs, tempeh, broccoli, bok choy... and many other foods commonly eaten by vegans. Most fortified soy milks (and other non-dairy milks) contain similar quantities of calcium to cow's milk.

Calcium requirements for those on lower protein, plant-based protein diets may be somewhat lower than requirements for those eating a higher protein, flesh-based diet. However, it is important for vegans to eat foods high in calcium and/or take a vegan calcium supplement.

### **Zinc**

Vegan diets can provide zinc at levels close to or even higher than the RDI. Zinc is found in grains, legumes, and nuts.

## Iron

Dried beans and dark green vegetables are especially good sources of iron, better on a per calorie basis than meat. Iron absorption is increased markedly by eating foods containing vitamin C along with foods containing iron.

Some good sources of iron include soybeans, lentils, blackstrap molasses, kidney beans, chickpeas, black-eyed peas, seitan, tempeh, black beans, leafy greens, tahini, peas, figs, bulghur, raisins and millet.

## Vitamin B12

Although the requirement for vitamin B12 is very low, it is a very important nutrient. It is especially important for pregnant and lactating women, infants, and children.

Tempeh, miso, spirulina, mushrooms and seaweed are often labeled as being good sources of vitamin B12, however, these products contain analogues of the vitamin which the body cannot use. It is recommended for vegans to regularly consume a B12 supplement, or regularly consume B12-fortified foods. Vegetarians who are not vegan can obtain some vitamin B12 from dairy products and eggs, although they still may be low in this vitamin.

## Common Vegan Foods

Oatmeal, stir-fried vegetables, cereal, toast, orange juice, peanut butter on whole meal bread, frozen fruit desserts, vegetable soups, dates, apples, macaroni, fruit smoothies, popcorn, spaghetti, baked beans, guacamole, chili...

## Vegans Also Eat...

Tofu lasagna, homemade pancakes, hummus, egg-less cookies and cakes, soy ice-cream, tempeh, soy yogurt, rice pudding, banana muffins, pies, falafel, corn fritters, French toast made with soy milk, soy hot dogs, vegetable burgers, pumpkin casserole, scrambled tofu, seitan...

Most non-vegetarian and non-vegan foods can be modified for vegans.

## When Eating Out Try These Foods

Pizza without cheese, Chinese vegetable stir frys, Indian curries and dahl, bean tacos without the cheese, Middle Eastern falafel with hummus and tabouli, Ethiopian injera (flat bread) and lentil stew, Thai vegetable curries...

## Egg Replacers

Depending on the recipe, substitute each egg (as a binder) with:

- 1/4 cup soft tofu blended with the liquid ingredients of the recipe, or
- 1 small banana, mashed, or
- 1/4 cup applesauce, or
- 2 tablespoons cornstarch or arrowroot powder
- Or use one of the commercial egg alternatives available from most supermarkets and health food stores (e.g. Orgran brand 'No Egg').

## Dairy Product Replacers

The following can be used to substitute dairy products:

- Soy milk, rice milk, grain milk, nut milk, or even water (in some recipes)
- Buttermilk can be replaced with soured soy or rice milk. For each cup of buttermilk, use 1 cup soymilk plus 1 tablespoon of vinegar.
- Soy cheese available in health food stores. (Be aware that many soy cheeses contain casein (milk protein).)
- Crumbled tofu can be substituted for cottage cheese or ricotta cheese in lasagna and similar dishes
- Several brands of non-dairy cream cheese are available in some supermarkets and health food stores (e.g. Blue Lotus, Tofutti or Kingland brands).
- Commercial soy mayonnaise (e.g. Kingland) is also available (be aware that some brands contain egg).

Source: [www.vrg.org/nutshell/vegan.htm](http://www.vrg.org/nutshell/vegan.htm)