

Veggie Guide to Good Nutrition

Vegetarians and 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 is healthier because it contains lots of fruits and vegetables and very little saturated fat.

People who eat diets free of animal products are called vegetarians or vegans. Vegetarians don't eat meat, fish or any slaughterhouse products such as gelatine and animal fat. Vegans avoid eating all animal products, including eggs, dairy products and honey. Instead of animal milk, vegans eat low fat cheese, yoghurts and ice cream made from plant milk (such as soya milk).

Protein

Supports the growth and repair of the body's cells and provides the building blocks for essential amino acids. It is essential for the immune system.

Protein sources: Soybean & Tofu • Lentils & Beans • Peas & Chickpeas • Nuts • Seitan • Quinoa • Buckwheat • Mung bean • Sesame seeds • Chia

Protein is also present in eggs and dairy products.

NO YOU KNOW!

Protein is essential for the growth and repair of the body's cells and provides the building blocks for essential amino acids. It is essential for the immune system.

Protein is also present in eggs and dairy products.

Carbohydrate

Carbohydrates are the main source of energy for the body. They provide the energy needed for all the body's functions.

Carbohydrate sources: Whole grains • Potatoes • Pasta • Rice • Beans • Lentils • Corn • Sweet potatoes • Fruit • Vegetables

Carbohydrates are also found in nuts and seeds.

NO YOU KNOW!

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Carbohydrates are also found in nuts and seeds.

Fibre

Helps the digestive system and aids in the absorption of nutrients. It also helps to lower cholesterol and blood sugar levels.

Fibre sources: Whole grains • Fruits • Vegetables • Nuts • Seeds

Fibre is also present in legumes and pulses.

NO YOU KNOW!

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Fat

Essential for the absorption of vitamins A, D, E and K. It also provides energy and helps to regulate body temperature.

Healthy fats: Avocado • Olive oil • Nuts • Seeds • Fatty fish

Unsaturated fats are the healthiest.

NO YOU KNOW!

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Omega 3 Fatty Acids

Essential for heart health and brain function. They help to reduce inflammation and lower cholesterol.

Omega 3 sources: Flaxseed oil • Walnuts • Chia • Fatty fish

Omega 3s are also found in some plant oils.

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Minerals...

Iron

Important for healthy blood. It is essential for the production of haemoglobin, which carries oxygen in the blood.

Iron sources: Lentils • Beans • Tofu • Spinach • Quinoa • Buckwheat • Mung bean • Sesame seeds • Chia

Iron is also present in eggs and dairy products.

NO YOU KNOW!

Important for healthy blood. It is essential for the production of haemoglobin, which carries oxygen in the blood.

Iron is also present in eggs and dairy products.

Calcium

Important for strong bones and teeth. It is essential for muscle function and nerve transmission.

Calcium sources: Tofu • Tempeh • Seitan • Quinoa • Buckwheat • Mung bean • Sesame seeds • Chia

Calcium is also present in dairy products.

NO YOU KNOW!

Important for strong bones and teeth. It is essential for muscle function and nerve transmission.

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Zinc

Essential for healthy blood. It is essential for the production of haemoglobin, which carries oxygen in the blood.

Zinc sources: Lentils • Beans • Tofu • Spinach • Quinoa • Buckwheat • Mung bean • Sesame seeds • Chia

Zinc is also present in eggs and dairy products.

NO YOU KNOW!

Essential for healthy blood. It is essential for the production of haemoglobin, which carries oxygen in the blood.

Zinc is also present in eggs and dairy products.

Iodine

Important for the production of thyroid hormones, which help regulate metabolism.

Iodine sources: Seitan • Quinoa • Buckwheat • Mung bean • Sesame seeds • Chia

Iodine is also present in eggs and dairy products.

NO YOU KNOW!

Important for the production of thyroid hormones, which help regulate metabolism.

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Vitamin A (β-Carotene)

Essential for healthy vision. It is essential for the production of rhodopsin, which allows us to see in low light.

Vitamin A sources: Carrots • Sweet potatoes • Spinach • Kale • Broccoli • Pumpkin • Butternut squash

Vitamin A is also present in eggs and dairy products.

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Essential for healthy vision. It is essential for the production of rhodopsin, which allows us to see in low light.

Vitamin A is also present in eggs and dairy products.

B Vitamin

Essential for energy production. It is essential for the conversion of food into energy.

B Vitamin sources: Tofu • Tempeh • Seitan • Quinoa • Buckwheat • Mung bean • Sesame seeds • Chia

B vitamins are also present in eggs and dairy products.

NO YOU KNOW!

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Vitamin C

Essential for healthy skin. It is essential for the production of collagen, which keeps skin firm and elastic.

Vitamin C sources: Citrus fruits • Strawberries • Raspberries • Blueberries • Broccoli • Kale • Spinach

Vitamin C is also present in eggs and dairy products.

NO YOU KNOW!

Essential for healthy skin. It is essential for the production of collagen, which keeps skin firm and elastic.

Vitamin C is also present in eggs and dairy products.

Vitamin D

Essential for bone health. It is essential for the absorption of calcium.

Vitamin D sources: Tofu • Tempeh • Seitan • Quinoa • Buckwheat • Mung bean • Sesame seeds • Chia

Vitamin D is also present in eggs and dairy products.

NO YOU KNOW!

Essential for bone health. It is essential for the absorption of calcium.

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Essential for bone health. It is essential for the absorption of calcium.

Vitamin D is also present in eggs and dairy products.

Vitamin E

Essential for healthy skin. It is essential for the production of collagen, which keeps skin firm and elastic.

Vitamin E sources: Nuts • Seeds • Spinach • Kale • Broccoli • Pumpkin • Butternut squash

Vitamin E is also present in eggs and dairy products.

NO YOU KNOW!

Essential for healthy skin. It is essential for the production of collagen, which keeps skin firm and elastic.

Vitamin E is also present in eggs and dairy products.

Vitamin K

Essential for blood clotting. It is essential for the production of prothrombin, which helps blood to clot.

Vitamin K sources: Leafy greens • Broccoli • Kale • Spinach • Quinoa • Buckwheat • Mung bean • Sesame seeds • Chia

Vitamin K is also present in eggs and dairy products.

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Check healthy eating

• Eat a variety of fruits and vegetables
• Choose whole grains over refined grains
• Use healthy fats like olive oil and avocados
• Limit added sugars and sodium
• Stay hydrated
• Exercise regularly

Green leafy vegetables

• Spinach • Kale • Broccoli • Cabbage • Swiss chard • Bok choy • Cauliflower • Turnips

Beans

• Chickpeas • Lentils • Black beans • Kidney beans • Pinto beans • Navy beans

Nuts

• Almonds • Walnuts • Cashews • Pistachios • Peanuts

Seeds

• Flaxseeds • Chia seeds • Sunflower seeds • Pumpkin seeds • Sesame seeds

Other foods

• Tofu • Tempeh • Seitan • Quinoa • Buckwheat • Mung bean • Sesame seeds • Chia

For more information, visit our website at www.vegetarian.org.uk or call 0800 500 500. We are a charity and all our products are made from 100% natural ingredients.

