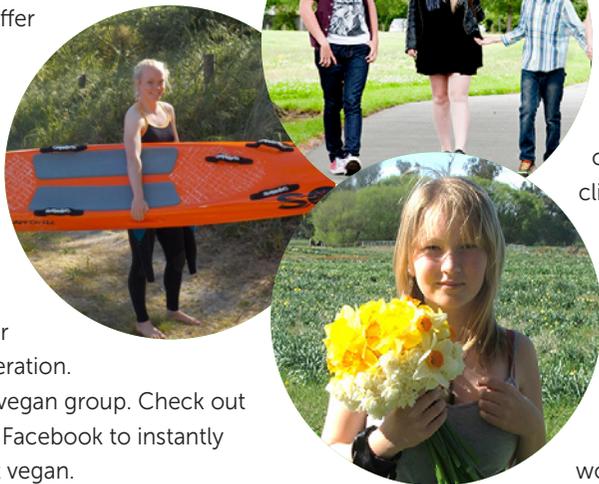


SMARTLY DIFFERENT!

Did you know a UK study of more than 8,000 people now aged 30, whose intelligence was measured when they were 10 years old, showed that the higher your intelligence the more likely you're a vegan/vegetarian?¹ Regardless of how smart we are, if you're ever feeling frustrated or isolated, remember why you went vegan. You're not trying to be difficult but sometimes living by your principles means feeling different from the mainstream.

SOCIAL NETWORKING

There are loads of supportive vegan-friendly groups within your community that will offer an encouraging and supportive network. Social support is important so try to find other vegans in your area to form a social network. Join or start a vegan youth group. Chat with other teen vegans (visit vgeneration.com) and join a local vegan group. Check out 'A Guide to Vegan' on Facebook to instantly know what is and isn't vegan.



YOU'RE IN GOOD COMPANY

Many celebrities and personalities are vegans including Ariana Grande, Serena and Venus Williams, Tim Shieff, Miley Cyrus, Joaquin Phoenix, Mayim Bialik, James Aspey, Sia, Peter Dinklage, Natalie Portman, Liam Hemsworth, Kate and Rooney Mara, Scott Jurek, Ellen, Moby, Benedict Cumberbatch and....now you!

STAYING POSITIVE

There are many advantages to going vegan including a longer life expectancy,² better health^{3,4} fewer animal deaths, less wastage of water, land and the earth's precious resources plus a reduced contribution to climate change,⁵ lower food bills, and being part of a community of awesome vegans from all around the world.



#5 VEGAN TEENS

GREAT FOR YOU, ANIMALS AND THE PLANET

If you care about the planet, love animals, or just want to be healthier as you grow up, then a plant-based diet is the way to go. Following a plant-based diet has many benefits and also tastes great. So what better reasons do you need to give veganism a go?

Vegan food is yum! Sometimes new foods take some getting used to, but have a little of something new everyday for 13 days and your taste buds will start to love it. Try it! You may find it becomes the best decision you make in your life!

WHAT CAN VEGANS EAT?

Loads! How's this for starters...

VEGAN	ABLE TO MAKE VEGAN	
baked beans	biscuits	pancakes
chips	burgers	pasta dishes
dark chocolate	cakes	pies
hummus	casseroles	pita pockets
nuts	curries	pizza
popcorn	dips n crackers	rice dishes
salads	dumplings	satay
soy yoghurt	ice cream	sausages
spicy wedges	mac n cheese	savouries
tofu	mezze plates	soups
vege meats	nachos	sushi
vege kebabs	noodles	

FOUND THIS USEFUL? WE HAVE LOADS MORE.

Visit our website for a complete list of helpful nutrition leaflets, recommended links and vegan recipes.

scan me!



Join us. Support us. Become a volunteer. Attend a potluck or fundraising dinner! Check our website for how to support our work or get involved with our local activities. The CVS is a registered charitable organisation. Donations are tax deductible.

Written by Yolanda Soryl, March 2019. Medical advisor: Dr Mathew Hobbs. Thanks to the members of our vegan community for providing their photos for our leaflets. All the teens in these photos are life vegans.

veganchristchurch.org.nz

EXAMPLES OF PLANT-BASED FOODS THAT VEGANS EAT



NUTRITION: EAT A RAINBOW!

Good sources include calcium enriched plant milks, soy yogurt, soy ice cream, tofu, broccoli, baked beans (or any beans), hummus, figs and sesame seeds (tahini).

IRON + VITAMIN C

The best way to absorb iron on a vegan diet is to eat fruit with every meal. The vitamin C in fruit helps non-haem iron absorption. Excellent vegan sources of iron include all wholegrain cereals and breads, all dried beans and peas, broccoli, dried fruit, iron fortified plant milks and Marmite. Avoid Cola with food as the caffeine stops the iron being absorbed.

PROTEIN

Easy! Baked beans, peanut butter, hummus, falafel, vegan cheeses, soy yogurts and plant milks, nuts, cereals, grains, beans, lentils, seeds (sunflower or pumpkin) are all excellent sources of protein. In fact the only foods that are notably low in protein are sugar, fruit, fats and oils.

Try these delicious protein packed combos: baked beans on toast, pesto pasta, refried beans nachos, satay sauce with veggies and rice, nut or bean burgers, and falafel in pita bread. Yum!

CALCIUM

Bone density is determined in adolescence. So ensure at least three sources of calcium in your diet everyday. Good sources include calcium enriched plant milks/soy yogurt/soy ice cream, tofu, broccoli, baked beans (or any beans), hummus, figs and sesame seeds (tahini).

Improve your calcium absorption by increasing your vitamin D levels with 20 minutes of sun exposure everyday. (Best before 10am and after 4pm to avoid the risk of burning).

VITAMIN B12

B12 is absolutely essential for your body and can be hard to get on a plant-based diet. Fortunately there are B12 supplements, which are the easiest and safest option, as well as B12 fortified foods. Download our leaflet on B12.

EAT THREE MEALS A DAY

A teen body grows at a rapid rate so it's vital that you eat at least three meals a day and exercise regularly. This ensures you maintain high levels of energy and provides all the nutrients your body needs. Try snacking on fruit, nuts, crackers, Marmite on wholemeal toast, hummus, or popcorn rather than junk food and sugary drinks.

Non-vegans may claim a vegan diet makes it difficult to get enough nutrients to be healthy. Well, it's actually hard to get enough nutrients on *any* diet if it is poorly planned. Ensure you keep to the rules above. Take responsibility for your health and show by example how well you can live on a vegan diet.



BEING HASSLED ABOUT BEING A VEGAN?

Any vegan will tell you the hardest thing about being vegan is dealing with non-vegans.

UNDERSTANDING NON-VEGANS

Many non-vegans often feel threatened and get defensive around vegans so try to remember it isn't personal. They may try to argue and belittle your beliefs or say hurtful things without foundation to make themselves feel better. You may be the first person who has made them think about why they eat meat, and that can be uncomfortable for them. It's best to remain polite, reasonable and be willing to discuss your reasons if the non-vegans are actually genuine and prepared to listen.

DINING OUT

Most restaurants can offer at least one vegan option, or you can ask for a dish to be made without the animal products. A good restaurant will want to accommodate you. Most fast food outlets have vegan options (pizza, battered potato or pineapple fritter, chips or vege burgers etc.) WARNING! Some chip shops cook their chips in animal fat. Check out your local chip joints to find the ones that use plant oils (e.g. canola) instead.

Download the *Happy Cow* app so you will always know your closest vegan food outlet wherever you are.



“Well planned vegan and other types of vegetarian diets are appropriate for all stages of the life cycle, including during pregnancy, lactation, infancy, childhood, and adolescence.”

American Dietetic Association, Dietitians of Canada: Vegetarian Diets. Statement supported by Dietitians New Zealand.

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