

## MINERALS

Essential minerals such as iron, magnesium and zinc are available from a whole range of plant-based sources including wholemeal bread, brown rice, oats, nuts, soy products and seeds. To help iron absorption, eat food with Vitamin C (eg: fruit or juice) with every meal.

Bok choy, dried figs, tahini, tofu and calcium-fortified plant milks and ice creams provide plant-based sources of calcium. A plant-based diet, being rich in fruits and vegetables, contributes to the maintenance of bone mineral density.

New Zealand soils are deficient in selenium and iodine. Selenium needs can be easily met by eating two Brazil nuts a day. For iodine, many people rely on iodised salt, but 15 grams of powdered kelp, spread over a year, will also meet iodine needs.



### HEALTH TIP: OMEGA 3

Omega-3 (DHA) fatty acids can be boosted by either two teaspoons of ground flaxseeds (linseed) or a teaspoon of flaxseed oil per day.

## FATS AND OILS

Unlike animal fats, most plant fats are unsaturated, and this is another benefit of a vegan diet. Monounsaturated fats, such as olive oil or peanut oil, are best used for frying because polyunsaturated fats, such as sunflower or safflower oil are unstable at high temperatures.

## OTHER NUTRIENTS

Wholegrain pasta, cereals and bread supply all the complex carbohydrates necessary for energy and health, and are other good sources of fibre.

## FOUND THIS USEFUL? WE HAVE LOADS MORE.

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

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Thanks to the members of our vegan community for providing their photos for our leaflets.

# LOVE TO EAT EAT TO LIVE

An overview of vegan nutrition







## NURTURE YOUR BODY A HEALTHIER WAY!

**Did you know all the nutrients that you need can easily be obtained from a plant-based diet?**

Research repeatedly shows that in many ways a vegan diet is healthier than a typical non-vegan diet.<sup>1</sup> Vegans live longer<sup>2</sup> and have lower risks of many serious illnesses such as hypertension,<sup>3</sup> heart disease, certain cancers, obesity, diabetes and food poisoning.<sup>4</sup> Vegans have the lowest blood pressure when compared with people following other diets.<sup>5</sup> And the food is great, too!

## DID YOU KNOW?

-  A vegan diet is typically healthier than a non-vegan diet
-  Vegans live longer and have lower risks of many serious illnesses
-  Vegans are no more likely to suffer iron or protein deficiency than non-vegans
-  A plant-based diet can provide all your protein needs

## A PLANT-BASED DIET CAN DECREASE YOUR RISKS OF

**HEART DISEASE** **OBESITY** **BREAST CANCER** **DIABETES** **BOWEL CANCER** **ARTHRITIS** **COLON CANCER** **FOOD POISONING**

## IGNORE THE MYTHS

Myths abound about the vegan diet, but let's look at the facts. Vegans are no more likely to suffer iron or protein deficiency than non-vegans.<sup>4</sup> People who don't know much about vegan nutrition may tell you it's hard to get enough nutrients on a vegan diet. Well, it's hard to get enough nutrients on any diet (vegan or non-vegan) if it is poorly planned. In fact, the biggest health problems facing New Zealand today (obesity and its related illnesses) are the effects of poorly-planned non-vegan diets. It is reassuring to know that vegan diets best match the government's own recommendations for healthy eating.<sup>6</sup>



## THE GOOD NEWS

All the nutrients that our body requires can be found in vegan diets - from vitamin A to zinc, and iron to magnesium.

## EAT WELL, LIVE WELL

There is no magic secret in a healthy diet. Choose from a variety of foods, buy wholegrain rather than refined foods and avoid processed foods. Finally, eat a rainbow: make sure your meal plate has all the colours, especially green. The stronger the colour, the better. Rainbow eating ensures variety and taste.

## PROTEIN

It's no problem meeting protein needs on a plant-based diet. Protein is in almost all foods, so if you are consuming enough food it is practically impossible to eat less than you need. Plant-based protein-rich foods include soya products (milk, tofu, tempeh), cereals (rice, pasta, quinoa), pulses (baked beans, hummus, refried beans), seitan, nuts and seeds.

The bonus of a plant-based diet is that the protein doesn't come laden with saturated fat and cholesterol, which have clearly been linked to ischaemic heart disease - the leading cause of death.<sup>7</sup>

## VITAMINS

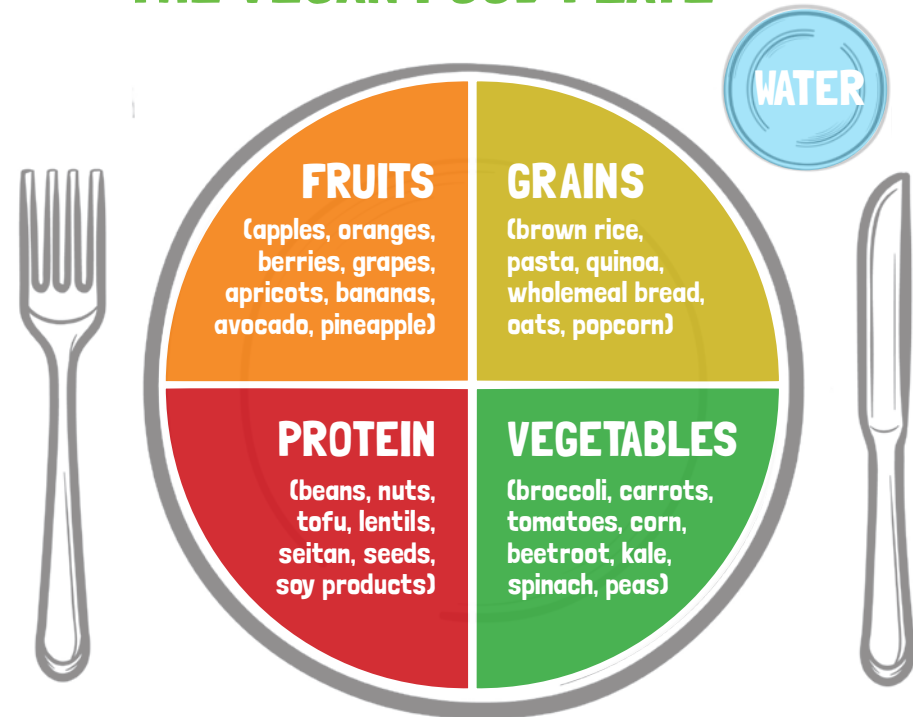
Vegan diets are known to be high in fresh fruits and vegetables, which makes obtaining the many vitamins and minerals we need easy. Vitamins A, C, K and many B vitamins can be found in green leafy vegetables such as broccoli, spinach and bok choy. Tomatoes, olive oil and nuts provide vitamin E and many other nutrients. All the B vitamins except B12 occur in yeasts and whole cereals (especially wheat germ), nuts and seeds, pulses and green vegetables. Vitamin B12 is generally not present in plant foods. Taking a regular B12 supplement is vital. It is the safest and easiest thing to do and is more reliable than relying on B12 fortified foods.

## FREE DOWNLOADS

We have many other informative leaflets on health and nutrition, including raising vegan children, available at: [veganchristchurch.org.nz](http://veganchristchurch.org.nz)



## THE VEGAN FOOD PLATE



## HANDY TIPS WHEN EATING

- ✓ Go for wholefoods over processed foods
- ✓ Eat slowly and without distractions
- ✓ Food should be a pleasure – enjoy it, eat with others
- ✓ Choose B12 fortified foods
- ✓ Drink water with your meals
- ✓ Include some fats (avocado, nuts, etc)
- ✓ Have some fruit or citrus salad dressing with your meal to enhance iron absorption
- ✓ Enjoy a little sunshine each day

**“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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