





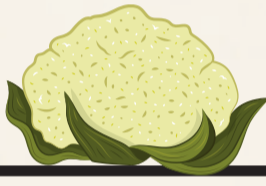
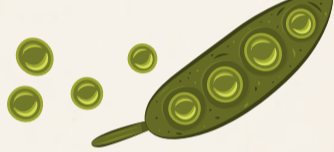




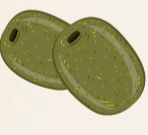






Vegan Vitamins

AND OTHER GOOD THINGS

	FUNCTION	RICH SOURCES	NOTE
PROTEIN	Vital for growth, development and repair of body tissues. Essential for hormone and enzyme formation, nerve signal transmission and a healthy immune system	Pulses (Peas, Chickpeas, Lentils and Beans including Soya in all forms, such as Edamame, Tofu and Soya Mince), Beansprouts, Wholegrains (eg Brown Rice, Oats, Wholemeal Pasta and Wholemeal Bread), Nuts & Nut Butters (all types, unsalted), Seeds (& Seed Paste eg Tahini used in Hummus), Breakfast Cereals (Muesli, Ready Brek, Shredded Wheat, Weetabix), Seitan, Brussels Sprouts, Mangetout	The Academy of Nutrition and Dietetics state that vegans not only get plenty of protein on a varied diet but also reduce their risk of cancer, heart disease, diabetes and obesity 
FATS	Carry some vitamins to cells, provide insulation and protect our organs. Essential fats (omega-3 and 6) are vital for the brain, nerves, eyes and skin and omega-3s are anti-inflammatory	 Nuts and Seeds, Vegetable oils (Rapeseed, Olive, Sunflower, Soya, Walnut, Sesame), Avocados, Edamame Best for omega-3s: Flaxseed (ground), Hempseed, Chia Seeds, Walnuts and their oils used cold, Rapeseed Oil for cooking	Cook with oils that have high smoke points such as Rapeseed, Soya and Olive oils. Flax and Hempseed oil shouldn't be heated (as omega-3s get destroyed). Store in fridge. Ideal for salad dressing. Ground flaxseed is great sprinkled on breakfast cereal
CARBO-HYDRATES	Main source of energy 	Wholegrains (Oats, Wholemeal Bread, Brown Rice, Wholewheat or Buckwheat Pasta), Potatoes, Sweet Potatoes, Fruit, Vegetables, Beans, Peas & Lentils	Avoid sugar and refined carbohydrates and eat plenty of starchy (complex) carbohydrates. In a vegan diet there are lots to choose from!
FIBRE	Keeps bowels healthy and regular, slows sugar & fat absorption and reduces cholesterol	Fruit & Vegetables such as Brussels Sprouts, Spinach, Parsnips, Apples, Pears, Plums, Kiwi, Unsweetened Dried Fruit (Apricots, Figs, Prunes), Wholegrains (Wholewheat Pasta, Brown Rice, Oats, Wholemeal Bread), Nuts and Seeds, Beans, Peas, Lentils, Sweet Potatoes	Because fibre keeps things moving in your gut, it reduces bowel cancer risk and constipation. Fibre also feeds 'good' bacteria in your large intestine 
VITAMIN A (Beta-carotene)	Antioxidant. Healthy vision, skin and mucous membranes, immune system, tissue repair, bone & teeth development and maintenance 	Carrots, Sweet Potatoes, Red/Yellow Peppers, Tomatoes, Green Leafy Vegetables, Watercress, Mangoes, Apricots, Pumpkins, Cantaloupe Melon, Romaine Lettuce 	Antioxidants protect against disease by destroying free radicals which cause damage to body cells. Enhances the immune system
B GROUP VITAMINS B1 Thiamin B2 Riboflavin B3 Niacin B5 Pantothenic acid B6 Pyridoxine B7 Biotin B9 Folic acid	Absorption of energy, protein & fats, cell growth and nerve function and red blood cell production 	Nuts, Seeds, Green Leafy Vegetables, Nutritional Yeast, Wholegrains, Wheatgerm, Corn, Pulses (Beans, Peas, Lentils, Chickpeas, Soya and Soya Products), Beansprouts, Bananas, Avocados, Mushrooms Folic acid is in egg Spinach, Broccoli, Brussels Sprouts, Asparagus, Romaine Lettuce, Cauliflower, Pulses, Berries	Folic acid is important in preventing defects in unborn babies. It is found widely in vegan diets. Also needed to make red blood cells, skin and bones 
VITAMIN B12	Nerve cell maintenance, red blood cell and DNA production, also allows us to use nutrients such as protein	Small amounts are in fortified products, such as Plant Milks, Margarine, Breakfast Cereals and also Yeast Extract (eg Marmite) – however, it's best to take a supplement to ensure sufficient intake 	Viva! recommends that you take a daily B12 supplement providing at least 50 micrograms per day, or one weekly supplement providing 2,000 micrograms.
VITAMIN C	Antioxidant. Vital for immunity, wound healing, healthy skin, teeth, bones, cartilage and connective tissue	Oranges, Grapefruit, Lemon, Kiwi, Strawberries, Raspberries, Blackcurrants, Mango, Broccoli, Spinach, Cabbage, Peppers, Tomatoes, Parsley, Potatoes and many other fresh fruits & green vegetables 	Antioxidants protect against disease. Your body can't store vitamin C so you need to eat it every day. Vitamin C helps the body absorb iron
VITAMIN D	Regulates calcium and phosphate levels in the blood, essential for healthy bones, teeth and muscles; supports the immune system	Main source is sunlight on skin. Also fortified foods (eg Breakfast Cereals, Margarine, some Plant Milks) and Supplements	In summer, you can get plenty of vitamin D from the action of sunlight on your skin. Take a vitamin D supplement in winter months, providing 10 micrograms/400 IU daily
VITAMIN E	Antioxidant. Helps protect the skin from UV damage, needed for lung membranes, stops fats in cell membranes going rancid	Nuts (Almonds, Hazelnuts, Pistachios) and Seeds (Sunflower Seeds in particular), Vegetable Oils, Wheatgerm, Wholegrains, Tomatoes, Avocados, Asparagus, Spinach, Broccoli, Butternut Squash	All antioxidants help protect against many diseases. Vitamin E from natural sources reduces the risk of bladder cancer, prostate cancer and Alzheimer's 
VITAMIN K	Enables blood to clot, releases energy from cells and maintains bone mass	Broccoli, Kale, Spinach, Cabbage, Brussels Sprouts, Lettuce, Asparagus, Watercress, Green Beans, Peas, Cauliflower, Celery, Basil, Thyme	Up to a half of our needs can be made by bacteria in the gut 
CALCIUM	Bone & teeth structure; muscle contractions; blood clotting and nervous system. Also vital to some hormones 	Sesame Seeds, including Tahini paste made from them, Almonds, Pulses (Tofu, Beans etc), Green Leafy Veg (eg Broccoli, Watercress), Swede, Fortified Plant Milks, Dried Figs, Cinnamon, Fennel, Olives	Although dairy contains calcium, it is not the best source as cow's milk also contains saturated fat, cholesterol and 35 hormones such as oestrogen but no fibre, iron and very little vitamins A, C or E
IRON	Vital for making red blood cells to move oxygen around the body and for energy production	Beans, Lentils, Peas, Tempeh, Tofu, Wholegrains, Pumpkin and Chia seeds, Dried Apricots, Prunes, Figs, Broccoli, Spinach, Cabbage, Black Treacle, Cocoa, Turmeric, Thyme 	To increase absorption, consume with food/drinks rich in vitamin C
IODINE	Makes thyroid hormones vital for regulating metabolism and is essential for development of the nervous system in babies 	Main sources are Sea Vegetables/ Seaweed (Kelp, Wakame, Nori, Kombu, Arame) and Iodised Salt Other sources with varying iodine content (depends on iodine levels in the soil): Green Leafy Veg (Kale, Spring Greens, Watercress), Green Beans, Courgettes, Wholegrains, Strawberries, Organic Potatoes with skin Some Plant Milks also contain iodine	Kelp is exceptionally rich in iodine as it absorbs it from sea water more than other seaweeds so use it only sparingly and avoid giving it to children. Land crops vary greatly according to the amount in the soil
MAGNESIUM	Bone growth and maintenance, metabolism, production of DNA, energy and muscle & nerve function	Green Leafy Veg, Nuts (eg Cashews, Almonds), Seeds, Pulses, Avocados, Wholegrains, Bananas, Apricots, Apples, Prunes 	Essential to muscle relaxation – lack of magnesium can cause cramps
POTASSIUM	Fluid balance, muscle & nerve impulse function, heart muscle function	Fennel, Brussels Sprouts, Broccoli, Potatoes and Sweet Potatoes, Cucumber, Tomato, Pulses, Dried Fruit (Apricots, Figs), Avocados, Bananas	Potassium protects against high blood pressure and osteoporosis as it lowers the loss of calcium from the bones
ZINC	Involved in metabolism, wound healing, vision and immunity	Lentils, Chickpeas and other pulses, Tofu, Pumpkin Seeds, Sesame Seeds (including Tahini), Cashews, Wholegrains, Nutritional Yeast	Essential for healthy sperm production. Also for healthy skin, and for our sense of taste and smell
OTHERS Chromium Copper Manganese Molybdenum Selenium	Dental, bone, skin & hair health, red blood cell growth and metabolism. Blood sugar regulation 	Spinach, Broccoli, Peas, Beans, Lentils, Nutritional Yeast, Nuts (esp. Brazil, Almonds), Bananas, Potatoes, Wholegrains, Seaweeds, Asparagus, Dried Apricots, Prunes	Selenium is an antioxidant and helps protect DNA, as well as sperm and ovaries. Manganese helps protect the brain from free radical damage (but too much is harmful). Chromium enhances the actions of insulin, helping protect against diabetes. Vegan diets are plentiful in these trace elements