

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.

Protein

It is very 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. The key is to eat a varied diet.

Sources of Protein

Almost all foods provide protein. Vegan sources include: lentils, chickpeas, tofu, peas, peanut butter, soymil, almonds, spinach, rice, whole wheat bread, potatoes, broccoli, kale...

Iron

Dried beans and dark green leafy 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.

Sources of iron include: soybeans, lentils, black-strap molasses, kidney beans, chickpeas, black-eyed peas, Swiss chard, tempeh, black beans, prune juice, beet greens, tahini, peas, bulghur, bok choy, raisins, watermelon, millet, kale...

Omega-3 Fatty Acids

Excellent sources of omega-3 fatty acids are flaxseed, flaxseed oil, canola oil, tofu, soybeans, and walnuts.

Vitamin B12

Non-animals sources of vitamin B12 include fortified breakfast cereal, soy milk rice milk, Red Star nutritional yeast, fortified veggie burgers and other meat analogues, or a vitamin B-12 supplement daily.