

# Healthy eating as a vegan



## Key tips for a healthy vegan diet

**Base meals on starchy carbohydrates (choose wholegrain where possible) such as rice, pasta, bread & potatoes.**

**Eat 5 portions of a variety of fruit and veg every day.**

**Eat beans and pulses for a form of protein.**



**Choose unsaturated oils and spreads and eat in small amounts.**

**Drink plenty of fluids**

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Everyone needs iron in their diets to help the production of red blood cells. A vegan diet can be high in iron but iron from plant-based food is not absorbed by the body as well as iron from meat.



The body needs vitamin D to regulate calcium and phosphate in the body. These nutrients help to keep bones, teeth, and muscles healthy.

1. Green, leafy vegetables eg. Broccoli, cabbage, and Kale, but not spinach



2. Unsweetened soya, rice, and oat drinks

3. Calcium-set tofu



4. Sesame seeds and tahini

5. Pulses

6. Dried fruits eg. Raisins, prunes, figs, and dried apricots



1. Pulses.

2. Breakfast cereals fortified with iron.

3. Dark green leafy veg, such as watercress, broccoli, spinach.

4. Nuts.

5. Dried fruits such as apricots, prunes, and figs.



1. Exposure to sunlight – remember to wear sun protection on your skin in direct sunlight.

2. Fortified fat spreads, breakfast cereals and unsweetened soya drinks (with vitamins D added).

3. Vitamin D supplements (read labels to ensure product is not of animal origin).