



VEGAN AND VEGETARIAN DIETS

- Vegetarian diets do not include meat, poultry or seafood. Some vegetarian diets include dairy foods and/or eggs. A vegan diet does not include any foods of animal origin.
- A well planned, balanced vegetarian or vegan diet can easily meet all your nutrition requirements. An Accredited Practising Dietitian can help to ensure your nutritional needs are met on a vegetarian or vegan diet.
- Pregnant or breastfeeding women, women planning a pregnancy and children have increased nutrient requirements, so careful dietary planning with the help of a dietitian is recommended.

Plant-based protein



Plant-based mince



Vegetarian sausages

- It is a myth that vegetarian diets are low in protein. It is very easy to get enough protein without eating animal foods.
- Soy milk, tofu, beans, chickpeas, lentils, nuts and seeds are good sources of plant-based protein. If included, eggs and dairy foods contribute a significant amount of protein as well.
- Some vegetarian and vegan products, like plant-based sausages and mince, can be a source of good nutrition in a vegan or vegetarian diet. Look for options that are lower in sodium and saturated fat:
 - Aim for less than 400mg sodium per 100g
 - Aim for less than 3g saturated fat per 100g

Nutrients to keep in mind

When removing animal foods from your diet, the nutrients those foods provide should be replaced with plant-based wholefood alternatives. Some important nutrients to keep in mind are:



Iron – transports oxygen around your body. It is found in legumes, some fortified grain products (e.g. breakfast cereal, bread), nuts and seeds. To boost iron absorption, these foods should be consumed with a source of Vitamin C (such as tomato, capsicum or orange).



Calcium – supports strong bones and teeth. Ensure your non-dairy alternative is fortified with at least 100mg calcium per 100mL.

Vitamin B12 – plays a key role in proper functioning of your blood and nervous system. It is only found naturally in animal foods. If eggs and dairy are not in your diet, you must consume foods fortified with vitamin B12 or a supplement. Speak to your dietitian to find which one is best for you.



Omega-3 fatty acids – support a healthy heart and brain. Include flaxseed oil, chia seeds and walnuts in your diet regularly.

Zinc – important for wound healing. It is found in nuts, legumes and wholegrains.

Healthy vegan day on a plate

BREAKFAST



- brekkie smoothie made of one cup of calcium-fortified soy milk, half a cup of rolled oats, one banana, a handful of baby spinach and 30g almonds



SNACK – latte made with calcium-fortified soy milk and a punnet of strawberries

LUNCH – lentil salad made of one cup of cooked green lentils, half a cup of cooked quinoa, roasted vegetables and a handful of salad leaves, dressed in extra virgin olive oil and balsamic vinegar



SNACK – four wholegrain crispbreads topped with a quarter of an avocado and hummus



DINNER - fried rice made of 170g firm tofu, one cup cooked brown rice and vegetables (e.g. onion, carrot, capsicum, broccoli, peas, corn)