


Vegan

VITAMINS

AND OTHER GOOD THINGS

	Function	Rich Sources	Note
PROTEIN	Vital for growth, development and repair of body tissues. Helps enzymes and hormones to function	Pulses (Peas, Lentils and Beans including Soya such as Edamame (whole soya beans), Tofu and Soya Mince), Quinoa, Wholegrains (eg Rice, Oats and Wholemeal Bread), Seeds (& Seed Paste eg Tahini used in Hummus), Beansprouts, Nuts & Nut Butters (all types, unsalted), Breakfast Cereals (Muesli, Ready Brek, Shredded Wheat, Weetabix), Broccoli, Asparagus, Watercress, 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 to the brain, nerves, eyes and skin and omega-3 is anti-inflammatory	 Nut and Seed Oils (eg Flaxseed Oil/Ground Flaxseed – main sources of omega-3; Hemp, Rape, Walnut, Soya, Sunflower, Mustard & Wheatgerm Oils), Dark Green Leafy Vegetables, Walnuts, Tofu, Edamame, Avocados, Virgin Olive Oil, Berries	Cook with oils that have high smoke points such as rape, soya and olive oils. Flax and hempseed oil shouldn't be heated (as omega-3 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, Pasta eg Wholegrain Spaghetti, Rye), Potatoes, Sweet Potatoes, Beans, Peas & Lentils	Avoid sugary 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, Dried Fruits such as Apricots, Figs, Prunes, Wholegrains (Pasta, Rice, Oats, Wholemeal Bread), Nuts, Beans, Peas, Lentils, Sweet Potato with skin	Because fibre keeps things moving in your gut, it reduces cancer risk and constipation. Fibre also feeds 'good' bacteria in your large intestine
VITAMIN A (Beta-carotene)	Antioxidant. Vision, bone & teeth development, growth and tissue repair	 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	 Brazil Nuts, Hazelnuts, Almonds, Green Leafy Vegetables, Brewer's Yeast, Wholegrains, Beansprouts, Broad Beans, Bananas, Avocados, Mushrooms, Wheatgerm, Currants, Soya Mock Meats, Yeast Extract, Peanuts, Peas. Folic acid is in eg Spinach, Broccoli, Asparagus, Romaine Lettuce, Cauliflower, Pulses (eg Lentils, Kidney Beans, Peas) 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 formation, red blood cell production and allows us to use nutrients such as protein	 Fortified products especially Breakfast Cereals and Soya Milks. Also in Yeast Extract (eg Marmite)	Vital to take B12 supplement if not eating fortified cereals or plant milks daily. (Farmed animals are given B12 supplements hence it being in meat – so just take the supplement directly!)
VITAMIN C	Antioxidant. Boosts immunity, wound healing and vital for formation of collagen in skin, tendons, bones. Protects eyes, gums and teeth	 Oranges, Grapefruit, Broccoli, Spinach, Cabbage, Green Peppers, Parsley, Potatoes, Peas, Blackcurrants, Strawberries 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	Controls amount of calcium and phosphate in us needed for bones, teeth and muscle; supports the immune system	Main Source is Sunlight on Skin. Also Fortified Foods (eg Breakfast Cereals, Margarine, some Soya & Rice Milks)	In summer, you'll get plenty of vitamin D from the action of sunlight on your skin. Take a vitamin D supplement in winter months
VITAMIN E	Antioxidant. Helps protect the skin from UV damage; needed for lung membranes; stops fats in cell membranes going rancid	 Vegetable Oils, Wheatgerm, Wholegrains, Tomatoes, Nuts (esp Almonds), Sunflower and other Seeds, Avocados, Asparagus, Spinach, Apples, Carrots, Celery	All antioxidants help protect against many diseases. Vit E reduces bladder cancer by half and lowers the risk of prostate cancer and of Alzheimer's
VITAMIN K	Enables blood to clot. Releases energy from cells. Maintains bone mass	 Broccoli, Lettuce, Spinach, Cabbage, Brussels Sprouts, Asparagus, Molasses, Peas, Basil, Thyme, Celery	Half 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 and other seeds, Pulses (Tofu, Beans etc), Green Leafy Veg (eg Broccoli, Watercress), Swede, Almonds, Brazil Nuts, Fortified Soya Milk, 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, Broccoli, Spinach, Cabbage, Wholegrains, Dried Apricots, Prunes, Figs, Dates, Nuts (eg Almonds, Walnuts), Pumpkin Seeds, Black Treacle, Cocoa, Turmeric, Thyme	To increase absorption, consume with food/drinks rich in vitamin C
IODINE	Makes thyroid hormones: vital for regulating metabolism	 Main sources are Sea Vegetables (eg Kelp, Wakame, Nori, Kombu); Lesser are Green Leafy Veg (eg Watercress), Wholegrains, Strawberries, Cantaloupe Melon, Onions, Spinach, Sweet Potatoes, Potatoes with skin, Courgettes	Kelp is exceptionally rich in iodine as it absorbs it from sea water. Land crops vary greatly according to the amount in the soil
MAGNESIUM	Skeletal formation, metabolism, production of DNA, energy and muscle & nerve function	 Green Leafy Veg, Nuts (eg Cashews, Almonds), Avocados, Wholegrains, Bananas, Apricots, Apples, Prunes	Essential to muscle relaxation
POTASSIUM	Fluid balance, muscle & nerve impulse function, heart muscle function	 Fennel, Brussels Sprouts, Broccoli, Aubergine, Cantaloupe Melon, Tomatoes, Parsley, Cucumber, Turmeric, Apricots, Ginger Root, Strawberries, Avocados, Bananas, Cauliflower, Cabbage, Almonds	Potassium protects against high blood pressure and osteoporosis as it lowers the loss of calcium from the bones
ZINC	Involved in metabolism, wound healing and immunity	 Lentils, Chick Peas and other pulses, Tofu, Wholegrains (eg Rice, Wholemeal Bread etc), Green Leafy Veg, Nuts (esp. Cashew Nuts) & Seeds (esp. Pumpkin Seeds, Sesame Seeds), Brewer's Yeast, Basil, Thyme	Also essential for healthy sperm, skin, taste and smell!
OTHERS Chromium Cobalt Copper Manganese Molybdenum Selenium	Dental, skeleton, skin & hair health, red blood cell growth and metabolism. Helps regulate blood sugar	 Spinach, Broccoli, Peas, Beans, Lentils, Brewer's Yeast, Nuts (esp. Brazil Nuts, Almonds), Bananas, Potatoes, Wholegrains, Seaweeds, Asparagus, Dried Apricots, Prunes	Selenium is an antioxidant and helps stop diseases. Molybdenum fights nitrosamines, which are associated with cancer. A deficiency has been linked to impotence. Vegan diets are high in selenium and molybdenum