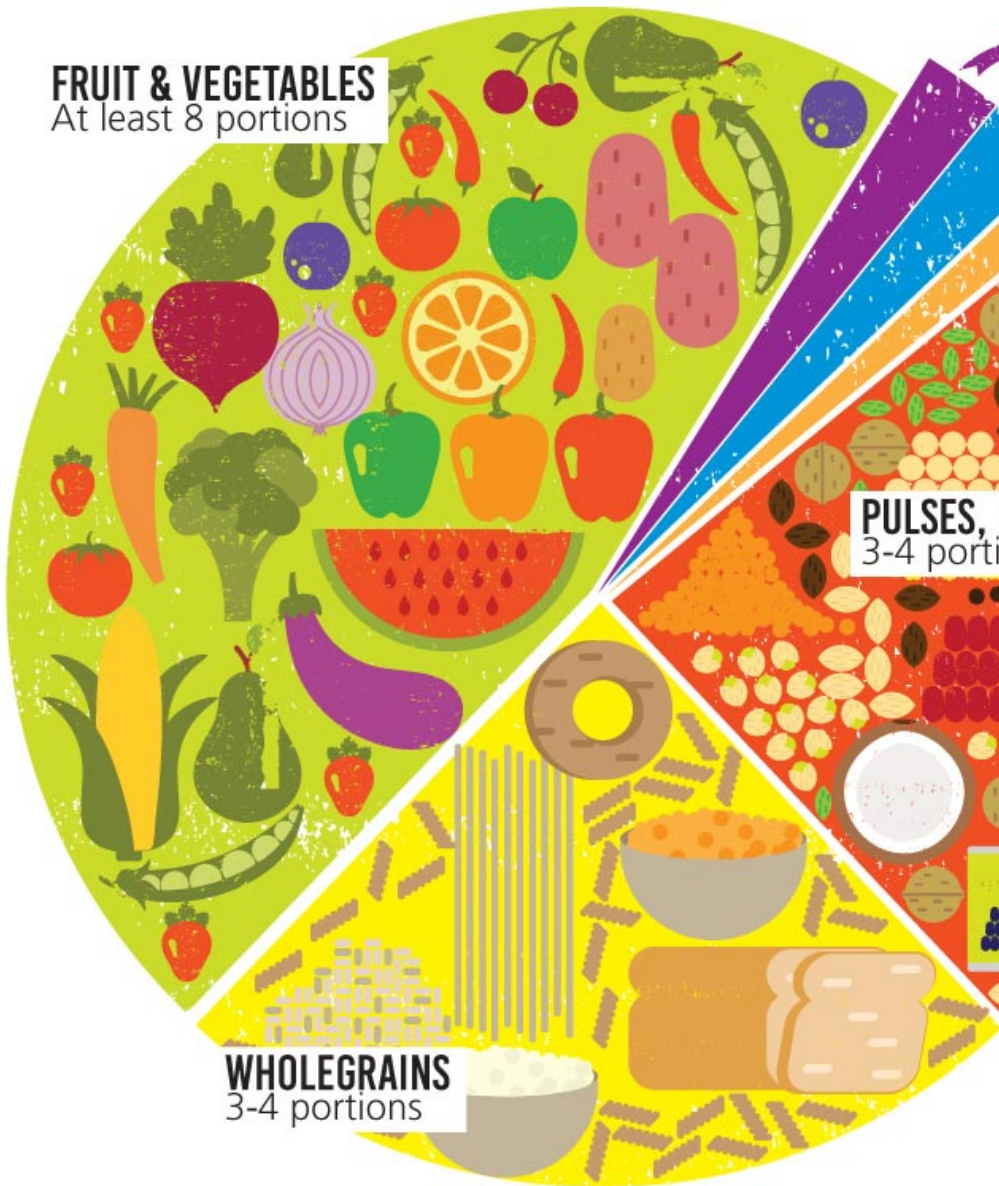


VEGAN EATWELL PLATE

FRUIT & VEGETABLES
At least 8 portions



OILS & FATS
small portions
(choose
flaxseed,
walnuts and
rapeseed oil for
omega-3 fats)



TREATS



PULSES, NUTS & SEEDS
3-4 portions

SOYA
with B12



B12
enriched foods
or supplements

WHOLEGRAINS
3-4 portions

Don't forget to drink plenty of water or herbal tea – at least two litres a day. This is as important for your body as a healthy diet!

Apart from all the tasty food, everyone needs a reliable source of vitamin B12 – fortified foods or supplements are fine as long as you're getting at least 1.5µg a day.

From October to April your health also needs a little vitamin D boost in the form of a supplement – everyone in the UK needs one! Vitamin D is the 'sunshine vitamin' produced in your skin when exposed to sunlight but we simply don't get enough over the winter months. Some people may need supplements all year – especially if you always protect your skin from sunlight.

Viva!
HEALTH

vivahealth.org.uk