



A Nutritionist's Guide to Going Vegan

What does it mean to be vegan?

Someone who has chosen the vegan lifestyle won't eat any meat, fish, eggs, dairy or honey. It is also common for vegans to exclude foods derived from animals and fish such as gelatine and Worcester sauce. Vegans chose to eat only plant-based foods.

What are the Benefits?

- ✔ By reducing consumption of meat you will be having a positive impact on the environment. Meat production requires more land and water, and produces more CO₂ than eating a plant-based diet.
- ✔ Removing meat and dairy from your diet will automatically result in you including more fruit, vegetables and pulses in your diet. This will increase your fibre intake and reduce your saturated fat intake.
- ✔ It could save you money on your food shopping as vegan staples such as fruit, vegetables, pulses, rice and pasta are all easily available and often more affordable than meat and dairy.

Important Nutrients to include in a vegan diet...

Removing meat, fish and dairy from the diet can put an individual at risk of some nutrient deficiencies. But, with good planning, a vegan diet can be very healthy and balanced.

- ✔ Iron – Iron requirements can be easily met by including a variety of leafy green vegetables, beans, peas, lentils and seeds in the diet.
- ✔ Calcium – Traditionally gained from dairy products, calcium can also be found in fortified nut and oat milk, pulses, Sesame seeds/tahini, and white and brown bread which is fortified with calcium in the UK.
- ✔ Vitamin B12 – Most commonly found in meat, eggs and dairy, this vitamin is important for healthy blood cells and nerve function. Good vegan sources are fortified breakfast cereals, soya products.

Going vegan isn't for everyone, but if you chose to go Meat Free for one day every week it would help to reduce your risk of developing heart disease, cardiovascular disease and reduce your carbon footprint.

Look out for some delicious new vegan dishes coming soon to our menus!