

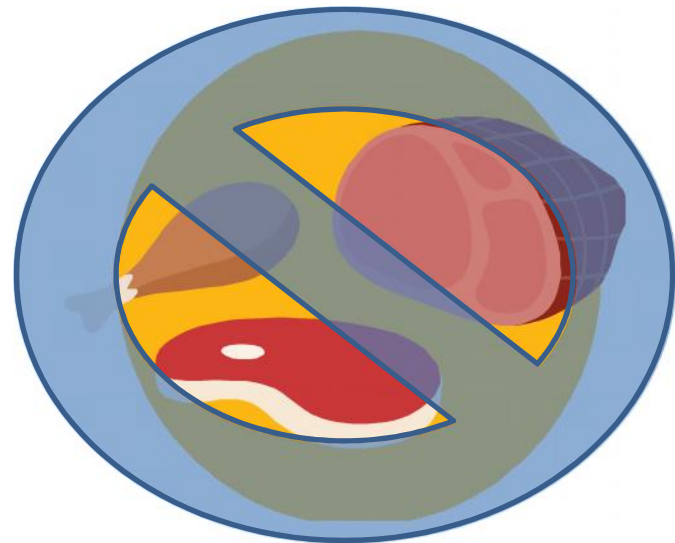
# Veganism



# What is a Vegan?

**A person who chooses to avoid using or consuming animal products**

- No Flesh Foods**
- No Dairy or Eggs**
- No Use of Cosmetics or Chemicals that have been Tested on Animals**



# Benefits of Veganism

- Reduce risk of heart disease
- Reduce risk of colon and lung cancer
- Reduce risk of obesity
- Reduce risk of diabetes
- Reduce the risk of other debilitating diseases



# Potential Risks of Being a Vegan

- If not consuming the correct balance of carbohydrates, proteins and fats, a vegan may be deficient in:
  - Protein
  - Vitamin B12
  - Iron
  - Zinc
  - Copper
  - Calcium



# Meeting Protein Needs

- Complementary Proteins: 2 or more plant products that when consumed together, provide the correct amount of protein to consume
  - Ex: Rice & Beans, Peanut Butter Sandwich, Hummus & Pita Bread, Pasta & Peas/Legumes
- You don't *have* to pair these in the same meal, just consume them within about a 24 hour time period.



# Meeting Protein Needs

Complete Protein: Plant products that provide the essential proteins you need to consume

- Soy
- Quinoa
- Spirulina
- Hempseed
- Buckwheat
- Amaranth



# Food Sources of Other Nutrients

- ***Iron***

- Soy Products, Fortified Foods, Legumes, Spinach, Some Dried Fruits, Blackstrap Molasses



- ***Vitamin B12***

- NO Plant Source
- Fortified Foods, Supplements



- ***Zinc***

- Wheat Germ, Sesame Seeds, Tahini, Pumpkin & Squash Seeds, Watermelon Seeds, Dark Chocolate, Cocoa Powder

# Food Sources of Other Nutrients

- ***Copper***

- Sesame Seeds and Tahini, Nuts, Sunflower Seeds, Sundried Tomatoes, Pumpkin & Squash Seeds, Dried Herbs



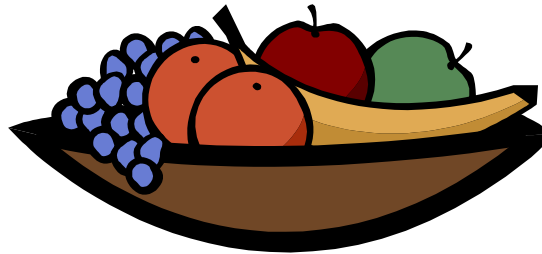
- ***Calcium***

- Dried Beans or Peas, Broccoli, Mustard Greens, Kale, Turnip Greens, Fortified Soy Milk, Almond Milk, Other Vegan Dairy Products

# Sample Vegan Meal

- ***Breakfast***

- Banana Muffins
- Fresh Fruit



- ***Lunch***

- Avocado Reuben
- Spinach Salad with Raspberry Vinaigrette Dressing



- ***Dinner***

- Vegetarian Chili
- French Bread
- Caesar Salad (tossed with vinaigrette dressing and soy cheese)

# Consult a Professional!!

- **Consult one of the RDs at McKinley Health Center if you have any questions or concerns about your vegan diet.**

**SportWell  
Center**

**244.0261**



**Justine Karduck, MS, RD, LDN, CDE**



**Bethni Gill, MA, RD, LDN**

**Health  
Education**

**333.2714**