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

http://www.vegan.org/about_veganism/index.html
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

http://www.medicalnewstoday.com/articles/149636.php
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

http://www.healthtasticiousness.com
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

http://www.healthaliciousness.com
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.

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