

THE MOVEMENT FOR COMPASSIONATE LIVING

HOME GROWN SOURCES OF ESSENTIAL NUTRIENTS

A healthy, balanced vegan diet can be maintained using only ingredients that could be grown in the UK. All foods should be fresh and a good proportion eaten raw. A wide variety of foods should be consumed.

PROTEIN - FOR BODY BUILDING

Whole cereals - wheat, oats, barley, rye, corn, quinoa.

Pulses - peas and beans.

Nuts and seeds - almonds, hazels, walnuts, beechnuts, pine kernels, pumpkin seeds and sunflower seeds.

Potatoes (small percentage of protein but high value).

Leaf curd.

Cereals and pulses taken together yield increased protein value.



SUGARS, STARCHES & FATS - FOR ENERGY

Whole cereals, pulses, nuts, seeds, potatoes, all fruits and vegetables.

Vegetable oils can be obtained from sunflower, rapeseed, maize, nuts.



VITAMINS - FOR HEALTHY FUNCTIONING

Cooking can destroy many vitamins, hence the need for raw fruits and salads daily.

A - carrots, greens, broccoli, spinach, parsley, endive, apricots, tomatoes.

B group - yeast extract, green vegetables, nuts, pulses, seeds, whole cereals.

B₁₂ - synthesised by micro-organisms, B₁₂ is commercially produced and added to processed foods, e.g. yeast extracts.

C - fresh raw fruits and vegetables, especially blackcurrants, rosehips, parsley, greens, alfalfa sprouts.

D - naturally produced by action of sunlight on skin. Additive in vegan margarines.

E - pulses, vegetable oils.

K - dark greens, cauliflower, tomatoes.



MINERALS

Iron - dark greens, haricot beans, almonds, oatmeal, wheatgerm, parsley, figs, raisins, apricots.

Absorption of iron is aided by vitamin C.

Calcium - dark green vegetables, especially kale, spinach, broccoli, also haricot beans, almonds, oatmeal, hazels.

Vitamin D is essential for the utilisation of calcium.

