

# BEING A HEALTHY VEGAN



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# BEING A HEALTHY VEGAN

Being a healthy vegan can be difficult to navigate, especially if you're new to this way of eating.

To achieve your health goals it is suggested you follow the recommendations outlined in this handout. If you're unsure of something or experience any road blocks, be sure to write them down so you can work through them with your practitioner.

You will likely find yourself spending more time in the kitchen as you experiment with food. This may not be easy at first, however, by creating a connection with your food you will soon find yourself reaping the rewards of good health.

It may take you a little while to get used to what works for you as a vegan. This is normal, but remember to listen to your body and try to objectively evaluate what you need. If you have changes in your energy levels, concentration, weight, or anything else, be sure to discuss these with your practitioner so they can assess any changes you may require.



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## WHAT YOUR BODY NEEDS

It is important to remember that being a healthy vegan means not just cutting out animal products, but ensuring you replace them effectively. Nutrients that you should be particularly mindful of are Vitamin B12, Vitamin C, Iron, Zinc, Essential Fatty Acids (EFAs).

It is essential that you obtain sufficient complete proteins and good quality fats. A complete protein is a food that contains all 9 essential amino acids. In total we need 20 amino acids in order to function, but 11 of these can be synthesised by the body. The remaining 9 are essential as they need to be acquired through diet. Amino acids are literally the building blocks of life. They combine to form proteins that allow cells to grow and regulate.

The 9 essential amino acids are leucine, histidine, isoleucine, phenylalanine, lysine, methionine, tryptophan, threonine and valine. We can either get these from complete protein sources or by combining protein sources.



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## B12

### Food Sources

Spirulina and green powders are often used as sources of vegan B12. I do add a word of caution with these however, as they contain a form of B12 known as pseudo-vitamin B12, or analogues, that we aren't able to utilise.

Analogues are very similar to the real deal in that they bond to the same transport molecule used by B12, however, if these analogues are being bonded to the transport molecules instead of real B12, it can create a B12 deficiency. It's advised to eat spirulina and green powders with other B12 rich foods so that it doesn't deplete your stores.

One thing that is essential to note in relation to B12, is that it is incredibly difficult for us to get bioavailable plant based sources. For this reason, you may need to consider supplementation due to lack of other viable options.



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# BEING A HEALTHY VEGAN VITAMIN C

## Food Sources



Aloe Vera Juice  
Blackcurrant  
Broccoli  
Brussel Sprouts  
Capsicum  
Citrus  
Parsley (fresh not dried)  
Pawpaw  
Pineapple  
Potatoes  
Strawberries  
Sweet potatoes  
Tomatoes



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# BEING A HEALTHY VEGAN IRON

## Food Sources

NB Plant based iron must be paired with vitamin C to ensure absorption.



- Almonds (raw)
- Apricots
- Avocado
- Leafy green vegetables
- Parsley
- Pine nuts
- Pumpkin seeds (pepitas)
- Sunflower seeds
- Tomatoes (dried)



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# BEING A HEALTHY VEGAN

## ZINC

### Food Sources



Bilberry  
Capsicum  
Ginger  
Pumpkin seeds  
Sunflower seeds  
Wholegrains  
Yeast



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# BEING A HEALTHY VEGAN

## ESSENTIAL FATTY ACIDS

### Food Sources



Seaweed  
Hemp seeds  
Tofu (organic)  
Walnuts  
Avocado  
Flax  
Chia Seeds



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# BEING A HEALTHY VEGAN

## COMPLETE PROTEINS

### Food Sources

Quinoa

Tofu (organic)

Chia seeds

Hemp Seeds

Amaranth

Buckwheat

## CREATE COMPLETE PROTEINS

Grains + legumes

Legumes + nuts

Legumes + seeds



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## PROTEIN CALCULATION

Ideally you should be having .8 of a gram of protein per kg of body. For example, if you weigh 50kg, you will require 40gm of protein per day.  $50 \times .8 = 40$

If you find you're struggling to get enough protein each day, you may find it helpful to have a smoothie a few times a week, based on a *plain* protein. Below is a quick reference guide for common vegan proteins.

100gm of full fat coconut cream contains 2.3gm of protein.

100gm of mushrooms contains 3.1gm of protein.

100gm of broccoli contains 2.8gm of protein.

100gm of dry chickpeas contains 19gm of protein.

100gm of dry borlotti beans contains 23gm of protein.

100gm of organic tofu contains 8gm of protein. Be sure to only eat organic tofu.

Don't forget to choose your protein first and build your meal around that.

**TIP** - Adding hemp seeds to any dish is a great way to increase your protein, as well as your omegas. They're delicious in a smoothie, added to granola and coconut yoghurt, and sprinkled on a salad or roast veggies.



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