***Vegan diets***

*Veganism avoids all animal products in the diet and wider lifestyle such as beauty products. This includes dairy, eggs, and honey. A well planned vegan diet can provide all of the nutrients necessary but there are some key nutrients to consider:*

***Calcium*** *Choose dairy alternatives with added calcium. Non-dairy sources of calcium include dried fruit, nuts, green leafy vegetables, tofu, sesame seeds and red kidney beans.*

***Omega 3 fatty acids*** *Vegan sources include walnuts (6 walnut halves), flax (linseed), hemp seeds, chia seeds (1tbsp per day) and soya beans. Rapeseed and olive oil are also preferred compared to sunflower or corn oil.*

***Protein***  *A varied vegan diet can provide adequate protein. Good sources include beans, lentils, peas, peanuts, soya products, nuts, pumpkin, linseed (flaxseed), chia seeds, hemp seeds, meat alternatives e.g. Quorn*

***Vitamin D*** *It’s difficult to get enough vitamin D from food alone, so everyone should consider taking a daily supplement of 10mcg/ day during the autumn and winter months. Some vitamin D supplements are not suitable for vegans.*

***Iodine***  *Cereals and grains contain but iodine but varies depending on the soil content and time of year. Where soils are deficient, iodised salt and seaweed can provide iodine. Iodine content of seaweed is also variable, and sometimes too high, it is recommended not to consume sea vegetables more than once a week.*

***Vitamin B12*** *If eliminating all animal based foods, the only reliable sources of vitamin B12 are fortified foods and supplements. Suitable B12-fortified foods include some breakfast cereals, yeast extracts, soya yoghurts and non-dairy milks. Aim to eat fortified foods at least twice a day or take a supplement.*

***Iron***  *Vegan sources include dried fruit, wholegrains, nuts, green leafy vegetables, seeds and pulses e.g. chickpeas and lentils. Eat fruits and vegetables rich in vitamin C as this helps to absorb iron e.g. citrus fruits, strawberries, green leafy veg and peppers.*