

Vegan Eating Pattern

FOOD PANTRY TIP SHEET

A **vegan diet** is a variation of a vegetarian diet that is made up of only plant-based foods and avoids all animal-based foods, including meat, poultry, seafood, eggs, and dairy. Animal-based foods provide many important nutrients and minerals your body needs, so it may be difficult to get the proper nutrition you need to stay healthy and well through a vegan diet.

A well-planned vegan diet can be nutritious and provide health benefits to prevent certain diseases. If your client has concerns about dietary choices, encourage them to discuss this with their healthcare provider to be referred to a registered dietitian.



Foods to Consume to Maintain a Balanced Diet

- » Fit in **more colorful fruits and vegetables**: especially orange, red and dark-green for important vitamins, minerals, and fiber. Most dark-green vegetables like broccoli and collard greens provide calcium.
- » Choose **more whole grains** such as whole wheat, brown rice, corn, and oats over refined grains. Some grains like quinoa and millet are higher in protein.
- » Enjoy a **variety of protein**: such as beans, peas and lentils as well as nuts, seeds, and soy products, such as tofu and soymilk.
- » Don't forget **heart-healthy fats** from avocados, nuts, seeds, olives, and some vegetable oils.

What to Watch For on Labels and Ingredient Lists

- » Opt for fresh fruit or fruits packed in **100% juice**.
- » Choose **vegetables with no added salt** (fresh, frozen, or canned).
- » Choose **canned and frozen goods with no salt added (or low-sodium)**.
- » Check for **non-vegan ingredients**.
 - Food additives and red food coloring
 - Gelatin (in Jell-O)
 - Natural flavorings
 - Omega-3 fatty acids, Vitamin D3 (from fish oil)
 - Whey, casein and lactose (from dairy)
 - Beef or chicken stock in canned soups
- » Limit highly processed foods made with **hydrogenated or partially hydrogenated oils** (can be found in snack crackers and chips).
- » Limit **added sugars** (can be found in fruits packed in syrup, sugary cereals, and baked goods).