



# Maintaining A Vegan Diet



*The vegan diet is becoming more and more popular, and while it can be a healthy way of eating, it is extremely important to make sure those following this diet get the proper balance of nutrients. Take a look at our tips below for following a well-balanced vegan diet!*

## Veggies Veggies Veggies

When on a vegan diet, it may be hard to get certain nutrients, like iron, calcium, and vitamin D. By eating lots of veggies that are full of vitamins, it can reduce your risk of deficiency. Leafy greens, such as spinach or kale are always a good source of iron and calcium and include mushrooms for vitamin D!

## Choose Whole Grains

Consume whole grains, like oatmeal and quinoa, to increase your intake of iron, B vitamins, and several minerals. Also, the extra fiber from these sources can keep you full for longer.

Bonus: grains can be a good sources of protein, too!

## Supplements

As mentioned above, it may be difficult to get certain nutrients on a vegan diet. That being said, here are some supplements to consider:

- Vitamin B12
- Vitamin D
- Iron (only if blood levels are low)
- Calcium
- Zinc

## Foods To Eat

When looking to substitute high protein, animal products, look to these food options to fill up your protein tank:

- Tofu
- Legumes
- Nuts or nut butter
- Plant milks/yogurts
- Chia seeds/flaxseeds
- Whole grain cereals

## Eating Vegan At A Restaurant:

When following a specialized diet, eating out at a restaurant can have its challenges. Some tips to help you eat vegan at a restaurant include:

- Looking up the menu ahead of time to see their vegan options
- Calling the restaurant before arriving to see if the chef can prepare you a vegan meal
- Look for vegetarian option, then ask if dairy and eggs can be removed from the dish

## Example Vegan Meal Plan

Breakfast	1 slice of whole grain toast with nut butter, sliced strawberries, and hemp seeds sprinkled on top
Snack	Nuts with fresh fruit
Lunch	Large salad with lettuce and veggies of choice topped with cooked beans and quinoa, avocado, dressing and sunflower seeds
Snack	Hummus with raw veggies
Dinner	Stir fry with brown rice, edamame and fresh or frozen vegetables of choice, lightly heated with oil and tossed with soy sauce

### Protein-rich vegan snack ideas

- air-popped popcorn sprinkled with nutritional yeast
- apple or banana with nut butter
- hummus with veggies or whole grain crackers
- nuts and seeds
- steamed edamame
- roasted chickpeas

