

➤ Useful Addresses

The Vegetarian Society
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Altrincham, Cheshire
Tel: (0161) 925 2000
www.vegsoc.org.uk

The Vegan Society
33-35 George Street
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www.vegansociety.com

PALS (The Patient Advice and Liaison Service) focuses on improving services for NHS patients. If you have questions, concerns, suggestions or compliments about any NHS service you receive then speak to a member of staff. If you feel that they cannot help you or you still have concerns, then contact **PALS**:

- **Freephone 0800 389 7671**
- E-mail PALS@wiltshire.nhs.uk
- Or write to PALS Wiltshire NHS Southgate House, Devizes Wiltshire SN10 5EQ

This booklet is available in large print, Braille or can be translated into another language on request from the PALS office.

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A Guide to Eating the Vegetarian and Vegan way



Wiltshire Community Health Services

Nutrition and Dietetic Services

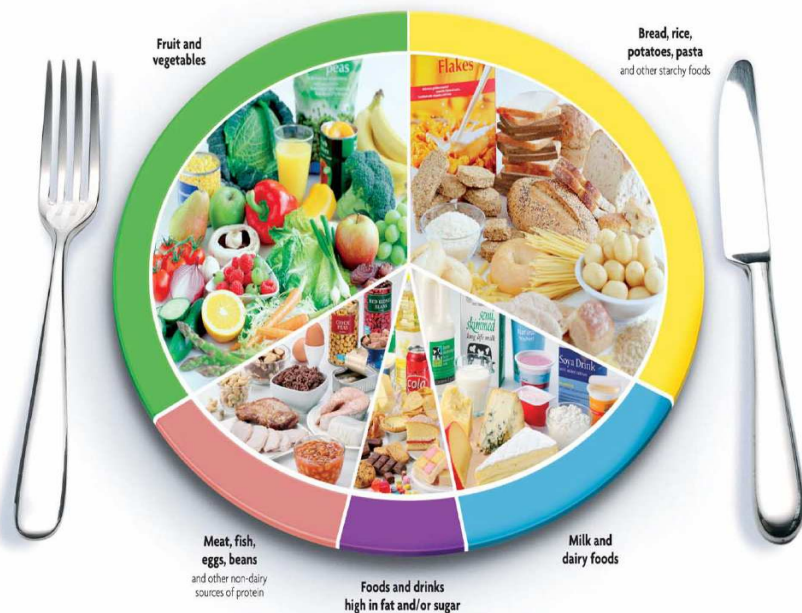
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➤ Introduction

The term vegetarian can mean different things to different people. Some make the decision to avoid meat altogether, others may eat fish or white meat whilst some choose to be a vegan, avoiding any products from animal sources including dairy products.

Vegetarian and vegan diets can be a healthy way of eating as long as a variety of sources as a replacement for meat and fish are included. If you are thinking of planning your meals the vegetarian or vegan way, this leaflet will help you to choose the right foods to keep you healthy.

A variety of foods are essential to provide you with all the nourishment your body needs. The eatwell plate shown below applies to the general population but is equally important for those following a vegan or vegetarian diet.



➤ Vegetarian cooking

Cooking Hints

Dried beans, peas or whole lentils will cook much more quickly if soaked in water overnight. Drain the soaked pulses and place in a large pan with plenty of water. Bring to the boil and cook the pulses at boiling temperature for 10 minutes. Simmer until cooked. Cooking times may vary according to the type of beans, the quantity being cooked and how old the beans are. Pressure cooking reduces the time taken, however **beans must be boiled for 10 minutes beforehand**. Cooked pulses can be frozen. You may like to try the tinned, ready cooked varieties, (choose beans canned in water). Add seasoning after cooking as salt, tomatoes and lemon juice will toughen the pulses.

➤ Recipes

To help you vary your diet, look out for new recipes online or purchase one of a wide variety of vegetarian cookbooks available. Alternatively, libraries may hold a range of vegetarian cookbooks.

➤ Food labelling

There is now guidance from the Food Standards agency for manufacturers to follow when labelling products vegetarian or vegan. Many manufacturers will state whether a food product is suitable for a vegetarian or vegan diet. However, the vegetarian and vegan society also have trademark logos which appear on the labels of approved foods.



Dessert

Fresh, stewed or tinned fruit in natural juice with yoghurt, ice cream or sorbet

Fruit crumble (replace part of the flour with wholemeal flour or oats)

Baked apple, filled with dried fruit and served with custard.

➤ Ideas for Healthy snacks

It is important that the snacks you eat are nutritious. Try:

Fresh, or tinned fruit or dried fruit (apricots, prunes) and nuts

Glass of milk, pot of yoghurt or fromage frais

Pitta bread or vegetables (carrots, cucumber) with hummus

Fruit cake, date slice, banana cake, flap jack or cereal bar

Vegetarian food sources

Tofu:	A soft curd made from soya beans (a little like cheese). Can be used in main dishes or in desserts.
Tempeh:	A meat alternative made from beans ripened with a special mould. It has a firm nutty texture and is dairy, salt and gluten free. Usually available in some health foods shops and often available as a frozen product.
Quorn:	A meat substitute made from a type of mushroom. It is high in protein and low in fat. It can be used in casseroles, curries or stir-fries. It is also available as ready made dishes in supermarkets.
Miso:	A paste made from fermented soya beans, barley or rice and salt. Use for stocks and flavouring. Serving size is 1 teaspoon (5g).
Tamari:	A soya sauce made from whole soya beans. It is wheat and gluten free and can be used to flavour food instead of salt
Vegetarian Cheese:	Cheese made with non-animal rennet.
Tartex:	A yeast paté, available plain, with tomatoes, peppers, herbs and garlic and mushrooms. Can be used in recipes or as a spread on toast or crackers.
Natex:	A yeast extract.

Meat Alternatives

Choose at least 2 servings of these foods each day:

3 tablespoons of baked beans, kidney beans, chick peas or lentils.

60g (2oz) soya meat (available as chunks, mince or sausages)

60g (2oz) textured or hydrolysed vegetable protein

90g (3oz) soya bean products such as tofu and tempeh; or quorn

30g (1oz) nuts and nut pastes such as peanut butter

30g (1oz) seeds or seed spreads such as Tahini

1 egg

Starchy Carbohydrates

Include at least one serving of these foods at each meal and aim for 6-8 servings per day:

1 slice bread (try wholemeal or granary)

3 tablespoons breakfast cereals (try high fibre varieties)

Small bowl porridge or 1 tablespoon oats

2 new potatoes or 1 small (100g/3½ oz), sweet potato

3 tablespoons pasta or pearl barley (cooked)

2 tablespoons rice or bulgar wheat (cooked)

1 tablespoon cous cous or buckwheat (cooked)

Dairy Products

Aim for 2 to 3 of these foods each day:

200ml (½ pint) of milk or calcium enriched soya milk

30g (1oz) cheese or 90g (3oz) cottage cheese

150g or pot of yoghurt or fromage frais

For a vegan diet choose fortified soya, rice or oat drinks

Fruit and Vegetables

Try to include at least 5 servings a day:

1 average apple, orange, banana or 1 large slice of pineapple

2 pieces of small fruits such as plums or kiwi fruit

1 cup of raspberries, strawberries or grapes

1 tablespoon of dried fruit

1 small glass of fruit juice

2-3 heaped tablespoons of vegetables (fresh, frozen or canned)

1 dessert bowl of salad vegetables

Fats

Margarines, oils, nuts and seed pastes should be used in moderation as these are all high in fat. Use small quantities of polyunsaturated or monounsaturated oils such as sunflower, corn, rapeseed or olive oil. Some vegetarian foods may still be high in fat and saturated fat, such as vegetarian pasties, and deep fried foods. Limit intake of these foods.

➤ Are you eating enough?

Calcium – to keep bones and teeth healthy. Best dietary sources are milk, cheese, yoghurt, fortified soya and rice milks (with added calcium), sesame seeds and tofu. Bread, baked beans and green leafy vegetables are also good sources.

Iron – for healthy blood. Good sources are pulses (beans and lentils), wholegrain and fortified breakfast cereals, wholemeal bread, green leafy vegetables, dried fruit, nuts, tahini paste and egg yolks.

Vitamin C – for healthy skin, to fight infection and aid wound healing. Having a source of Vitamin C with a meal will help you to absorb the iron. Good sources are citrus fruits (oranges, grapefruits), strawberries, kiwi, blackcurrants, tomatoes, potatoes and green leafy vegetables.

Folic Acid – for growth, repair and general health. This vitamin is particularly important for women of child bearing age. Good sources are fortified breakfast cereals, yeast extracts, green leafy vegetables, oranges, potatoes, beans and nuts.

Vitamin B12 – for growth, repair and general health. Good sources are milk, cheese, eggs, fortified yeast extracts e.g. Marmite and vegemite, fortified breakfast cereals and fortified soya products.

B Vitamins – for the release of energy from food. Good sources are wholegrain bread, fortified breakfast cereals and yeast extracts. Milk is a good source of riboflavin (vitamin B2).

Vitamin A – for healthy skin, and for vision in dim light. Good sources are carrots, dark green leafy vegetables, egg yolks and fortified margarines

Vitamin D – for absorption of calcium. The major source is the action of sunlight on skin. Dietary sources include margarines, eggs, cheese and fortified breakfast cereals.

Zinc – for general health and aid wound healing. Good sources are nuts, seeds, wholegrain cereals and cheese.

Selenium – acts as an anti-oxidant and protects against heart disease and certain cancers. Wholegrain cereals are a good source.

➤ Ideas for meals

Breakfast

Fruit or fruit juice

Porridge, cereal or muesli with milk or soya milk

Wholemeal or granary bread or toast with jam or marmalade

Main Meal

Vegetable and bean casserole, chilli or curry

Shepherds pie made from lentils, soya or quorn

Nut roast, lentil loaf or vegetarian sausages

Served with potato, bread, rice or pasta and vegetables or salad

Light Meal

Sandwiches with eggs, peanut butter, quorn slices, vegetarian paté, hummus, tahini or cheese

Vegeburger with pitta bread and salad

Jacket potato with baked beans, chilli bean filling or cheese

Lentil or split pea soup with a salad filled roll