

Veganuary

Increasing plant based proteins in the diet can be beneficial for your health and the environment, but there are some nutritional considerations to think about:

VITAMIN B12



SIGNS OF LOW B12

Vegan diet sources of B12 are mostly fortified foods like:

- Fortified cereals
- Fortified plant based drinks (soya, oat, nut)
- Soya products
- Supplements



- Fatigue
- Headaches
- Pale skin
- Dizziness
- Low mood



IRON



SIGNS OF LOW IRON

Good sources for vegans include;

- Pulses
- Green leafy veg - Kale, broccoli
- Wholemeal/seeded/brown bread
- Fortified breakfast cereals
- Dried fruits, nuts and seeds



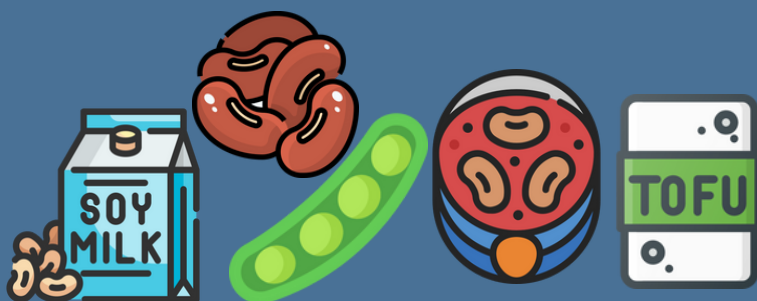
- Fatigue
- Pale/yellow skin
- Heart palpitations
- Breathlessness



PROTEIN

Vegan diets can be rich in protein from plant based sources like:

- Beans, Pulses, nuts, tofu, seeds, chickpeas



CALCIUM

Plant based calcium sources are not as well absorbed compared to animal sources which can lead to deficiency.

Good plant based sources include:

- Green leafy veg- Kale, broccoli
- Beans, peas and pulses
- Nuts and seeds
- Calcium fortified plant based drinks
- Fortified cereals and bread



VITAMIN D



The best source is the sun. Dietary sources of vitamin D are found mainly in animal foods so vegans are at an increased risk of deficiency. Plant based sources include:

- Mushrooms
- fortified orange juice
- Fortified plant based drinks
- Fortified breakfast cereals



SUPPLEMENTS

If you are concerned you may be at risk of deficiency, get in touch with your GP who may prescribe a supplement

Taking a vitamin D supplement of 10ug from October to March is recommended for most people

