



Wondering about a Vegan Diet?



But where will I get my Protein?



Women 46g Men 52g

Protein needs
Age 14-18

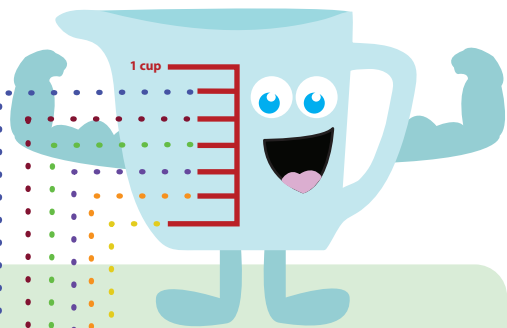
- Lentils cooked. 1 cup **18g**
- Black beans cooked 1 cup **15g**
- Veggie burger. 1 patty **13g**
- Bagel 1 med. **9g**
- Spaghetti cooked 1 cup **8g**
- Peanut butter 2 tbsp **8g**
- Soy milk plain 1 cup **7g**
- Soy yogurt plain 6oz **6g**
- Bread whole wheat 2 slices **5g**
- Potato 1 med **4g**





What about Vitamin D?

Found in: sunlight, and fortified non-dairy milks. Vitamin D helps maintain healthy growing body

Hey, I need Iron too!



- 1 cup cooked swiss chard 4.0(mg)
- 1 cup cooked lima beans 4.5(mg)
- 1 cup cooked chickpeas 4.7(mg)
- 1 cup cooked kidney beans 5.2(mg)
- 1 cup cooked lentils 6.6(mg)
- 1 cup cooked soybeans 8.8(mg)



8-18mg 8-11mg

Daily Iron Needs

To increase iron absorption, eat foods rich in vitamin C, such as dark green leafy vegetables and citrus
For east extra Iron: cook in cast iron pans

And what about calcium for strong bones?

Needs:
700 to 1000 mg daily

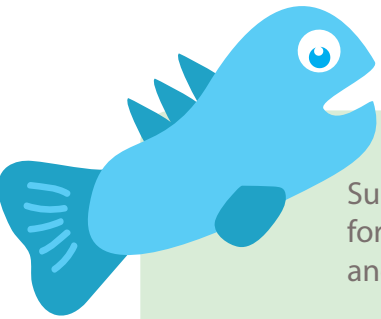
Broccoli, collard greens, almonds, mustard greens, sesame hahini, soybeans, kale, fortified drinks



Are there fish-free omega 3 fatty acids?

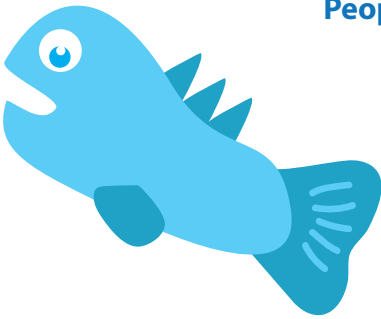
Sure are! And they're perfect for a healthy heart, brain, skin and joints

Eat ground flax seed, flax oil, walnuts,hemp seeds, purslane and vegan omega 3 DHA



10%
People who do not eat meat

90%
People who eat meat



What won't you find in a vegan diet?



Cholesterol. Vegan diets are also lower in saturated fat. Both of these can increase your risk of developing heart disease and high blood pressure.

A cholesterol level higher than 200 raises your risk for coronary heart disease.

Less Meat
Fewer Emissions!



Carbon footprint of various diets, in pounds of CO2-eq per day

