

7 Habits of Happy, Healthy Vegans

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2013 checklist

read more

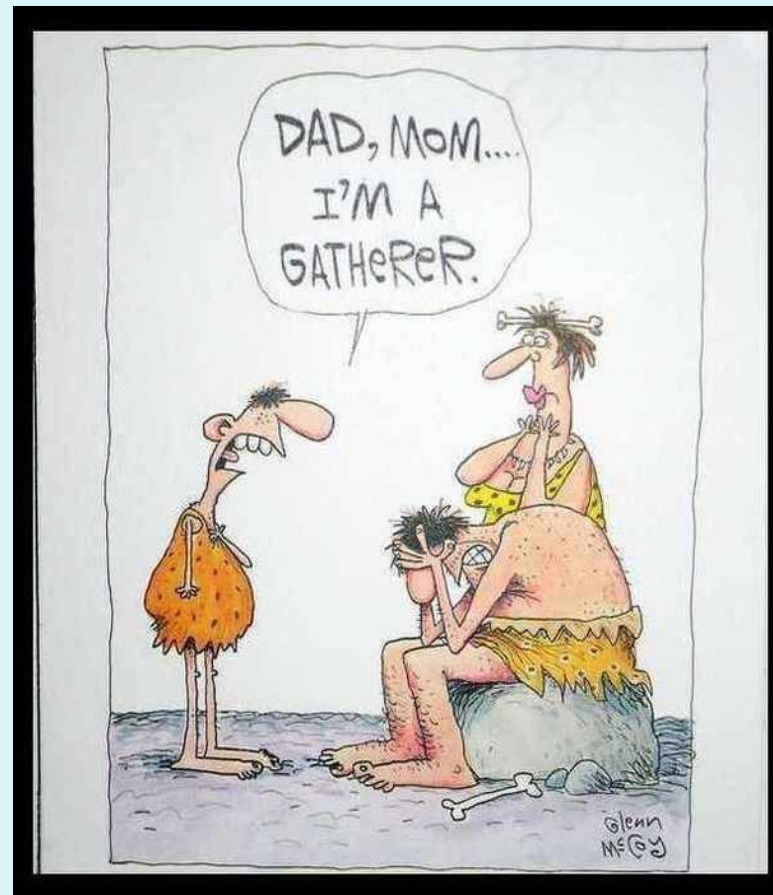
save money



go vegan



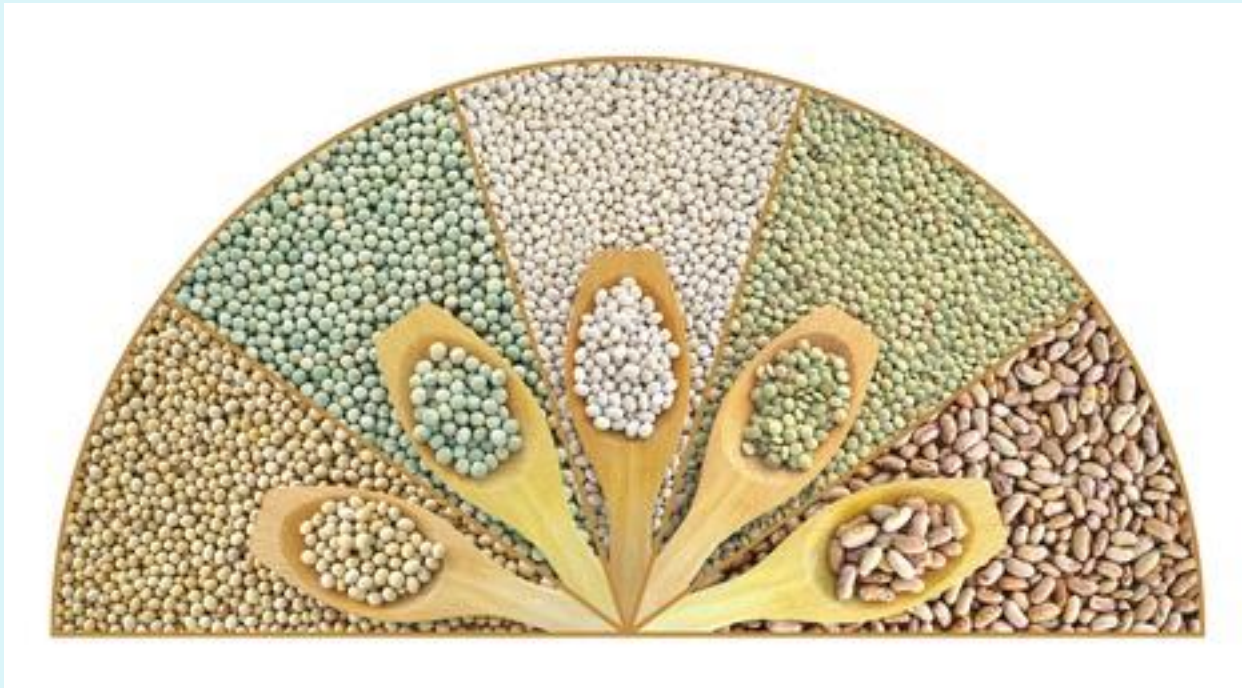
Vegan Diets: No Cultural or Historical Habits



7 Habits of Happy, Healthy Vegans

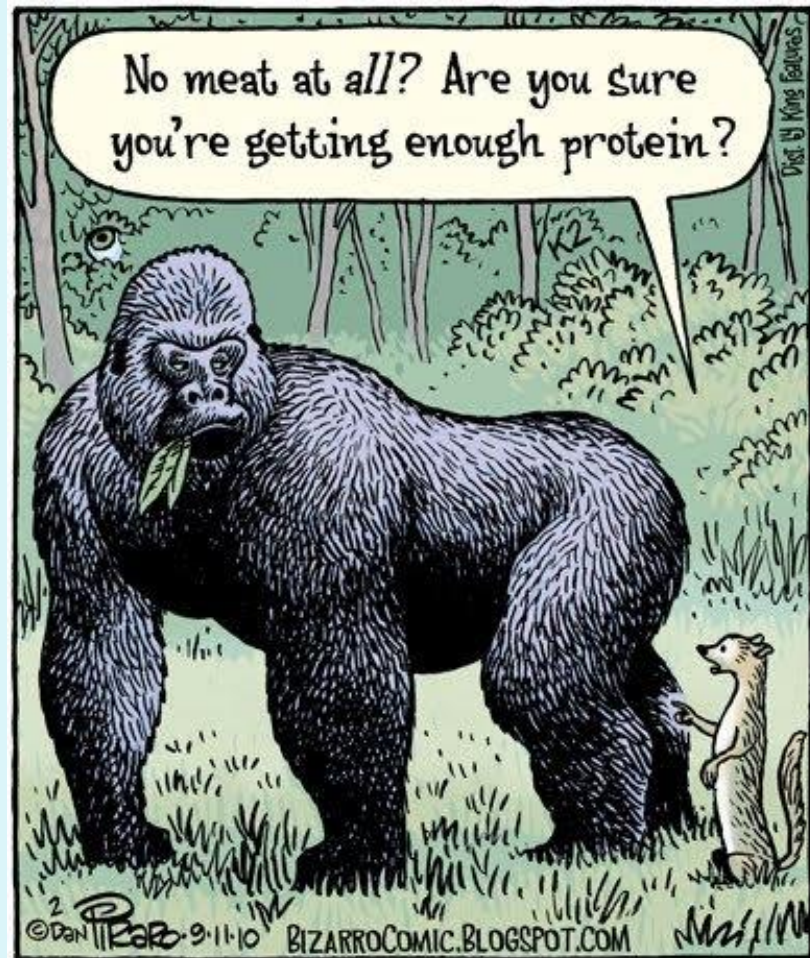
- 1. Eat legumes**
- 2. Choose healthy fats**
- 3. Identify important supplements**
- 4. Eat a rainbow**
- 5. Get adequate calcium**
- 6. Enjoy vegan foods**
- 7. Celebrate veganism**

1. Eat Legumes



Where do you get your protein?

Grains
Vegetables
Nuts
Seeds
Legumes



Amino Acids

- **Building blocks of protein**
- **Used to build new proteins in the body**
- **9 are “essential” & must come from food**
- **Grains, legumes, vegetables, nuts, and seeds provide all 9 essential amino acids, but are low in one or more**

Vegan Protein: Importance of Legumes

Legumes are the only good
plant sources of the essential
amino acid **lysine**



3 Daily Servings of Legumes

- **½ cup cooked beans, tofu, tempeh**
- **¼ cup soy nuts, peanuts**
- **2 tbsp peanut butter**
- **1 cup soymilk**
- **1 oz veggie meat**

Pistachios and Quinoa (honorary legumes)



Legume Serving Sizes

- **½ cup cooked beans, tofu, tempeh**
- **¼ cup soy nuts, peanuts**
- **2 tbsp peanut butter**
- **1 cup soymilk**
- **1 oz veggie meat**
- **¼ cup pistachios**
- **1 cup quinoa**



A Serving of Legumes

- PB& J sandwich
- Scrambled tofu
- Veggie burger
- Barbecued tempeh
- Hummus wrap
- Lentil soup
- Quinoa pilaf
- Trail mix with pistachios
- Vegetables with peanut sauce
- Salad with soynuts
- Bean burrito
- Taco with veggie “ground beef”

2. Choose Healthy Fats



Essential Omega-3 Fatty Acid

Alpha-linolenic acid (ALA)

- **Ground flaxseed (1 tbsp)**
- **Flaxseed oil (1 tsp)**
- **Walnuts (4 halves)**
- **Walnut, hempseed, soy or canola oil (1 tbsp)**
- **Chia seeds (2 tsp)**

DHA & EPA: Omega-3 Fats



DHA and EPA

- **Found in fatty fish**
- **May reduce risk for heart disease, dementia, depression**

**DHA & EPA can be synthesized
from ALA**

Conversion is poor

**Vegans typically
have low blood
and tissue levels**



Fish Get DHA and EPA from Algae...We Can, Too



Vegan Omega-3 Fats from Algae

200-300 mg DHA + EPA
2-3 times per week



Healthy Sources of Fats

- **Nuts**
- **Seeds**
- **Avocado**
- **Olives**
- **Vegetable oils**



Benefits of High-Fat Plant Foods

- **Nuts and seeds provide zinc**
- **Nuts reduce risk for heart disease**
- **Nuts/monounsaturated fats helpful in controlling diabetes**
- **Replacing carbs with plant fats improves cholesterol profiles**

Vegan Diet with Healthy Fats

Breakfast

Miso soup w/ ½ C tofu,
1 C vegetables
½ C brown rice
1 C honey dew melon

Lunch

Raw vegetable salad
Vinaigrette (1 tsp oil)
1 ½ C lentil soup + tomatoes
2 slices whole grain bread
Banana

Dinner

1 C quinoa
1 C black beans
1 ½ C greens in 2 tsp oil

Snacks:

1 C fruit topped w/ ¼ C
walnuts
Air popped popcorn

Total calories: 1800
Saturated fat: <3%
0 grams cholesterol

3. Take the right supplements

- **Vitamin D**
- **Vitamin B12**

Sub-optimal vitamins D and B12



**Poor
concentration**

Vague aches

Fatigue

Food sources of vitamin D

❖ Fish

❖ Fortified foods



Factors that reduce vitamin D synthesis

- Smog, clouds
- Sunscreen
- Darker skin
- Age
- Weak sunlight

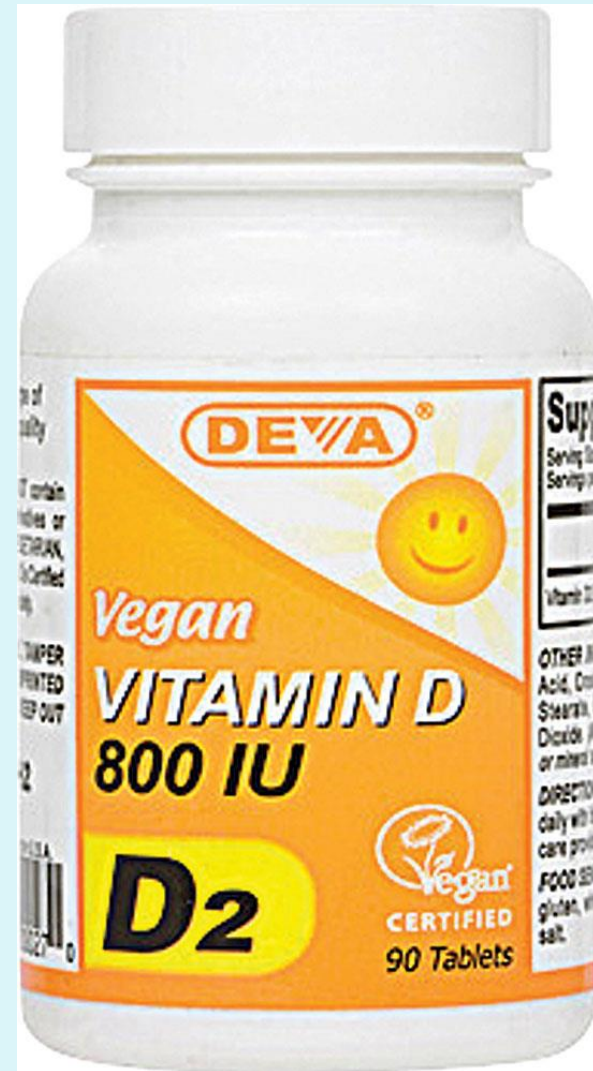


(northern latitudes in winter)

Two Forms of Vitamin D

- **D3: Cholecalciferol is animal-derived (fish, sheep's wool)**
- **D2: Ergocalciferol is plant-derived (yeast)**

600 IU per day



Vitamin B12

Made by bacteria

Does not occur naturally in plants



Vitamin B12 Analogues

Similar structure to B12, but no vitamin activity

- ❖ **Fermented soyfoods**
- ❖ **Sourdough bread**
- ❖ **Sea vegetables**
- ❖ **Chlorella, spirulina**
- ❖ **Shiitake mushrooms**

Can we get adequate B12 from unwashed organic produce?



Endogenous B12 Production



Vitamin B12 Storage

- **In liver and muscle**
- **Size of B12 stores determined by your pre-vegan diet**

Recommendations for B12 Supplements (cyanocobalamin)

- **2 fortified foods per day; at least 1.5 micrograms each or**
- **25-100 micrograms daily or**
- **1,000 micrograms 2-3x per week**

4. Eat a Rainbow



Iron Content of Selected Foods

Food	mg
Milk, 1 C	0.07
Salmon, 3 oz	0.6
Chicken, 1/2 breast	0.6
Beef, 3 oz	1.3
Soy milk, 1 C	1.6
Black-eyed peas, 1/2 C	2.2
Tofu, 3 oz	3.0
Lentils, 1/2 C cooked	3.3
Dark chocolate, 1 oz	3.9

Phytates, Iron and Vitamin C

Phytates bind iron in whole grains and legumes

Vitamin C breaks bond between phytate and iron if it's present at the same time as the iron

Iron and Vitamin C

Iron sources

- Legumes
- Whole and enriched grains

Vitamin C sources

- Citrus fruits
- Strawberries
- Green leafy vegetables
- Peppers
- Cauliflower
- Cabbage
- Tomatoes

Iron + Vitamin C

- **Oatmeal with orange juice**
- **Brown rice topped with steamed broccoli**
- **Lentil soup with tomatoes**



Fruits and Vegetables for Vitamin A



Fruits and Vegetables for Calcium

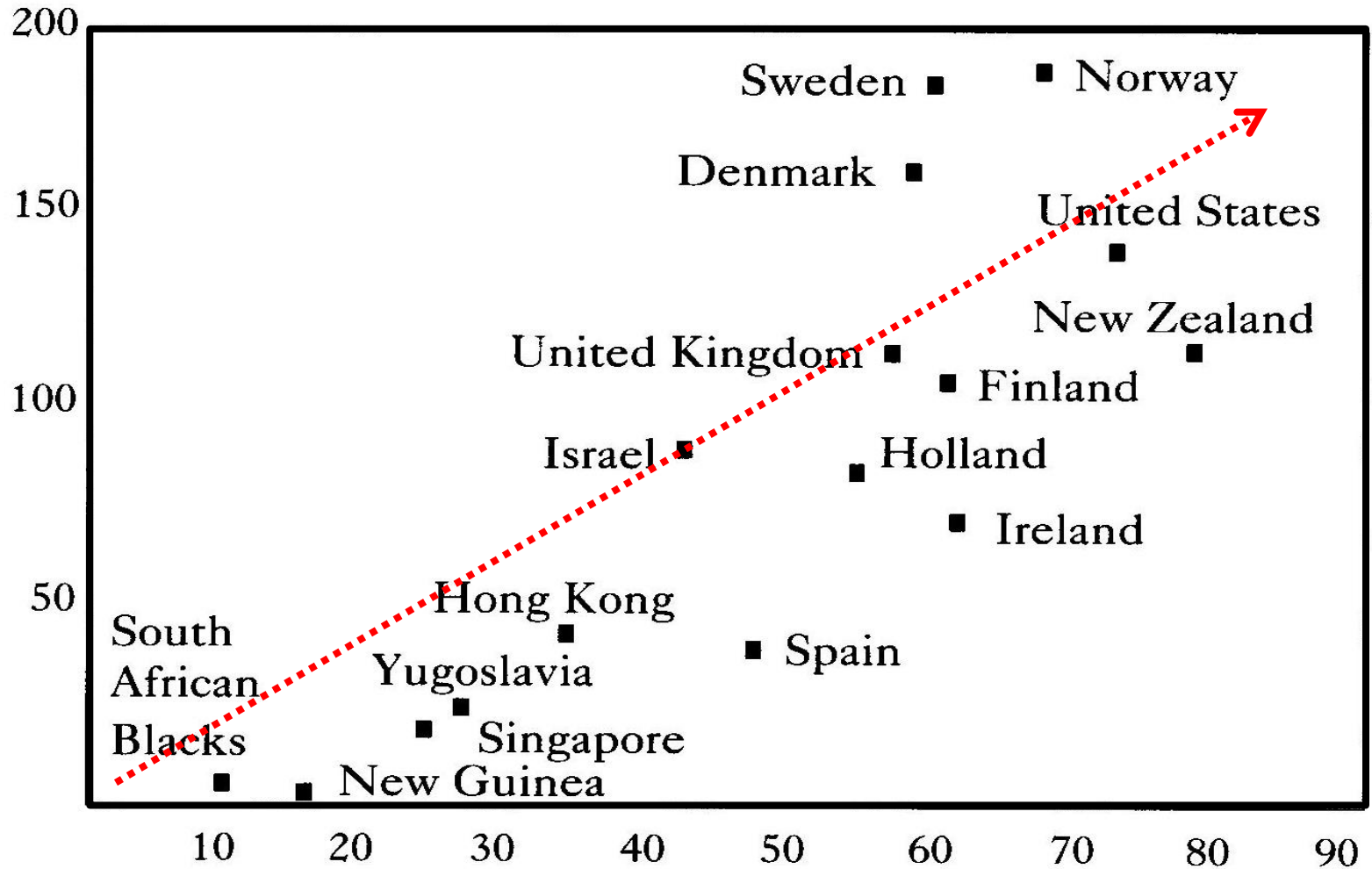


5. Get Adequate Calcium



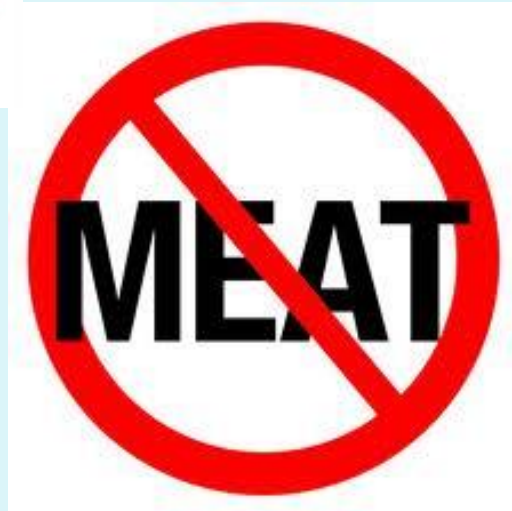
Hip Fracture Rates & Animal Protein Intake

Hip fracture rate/100,000



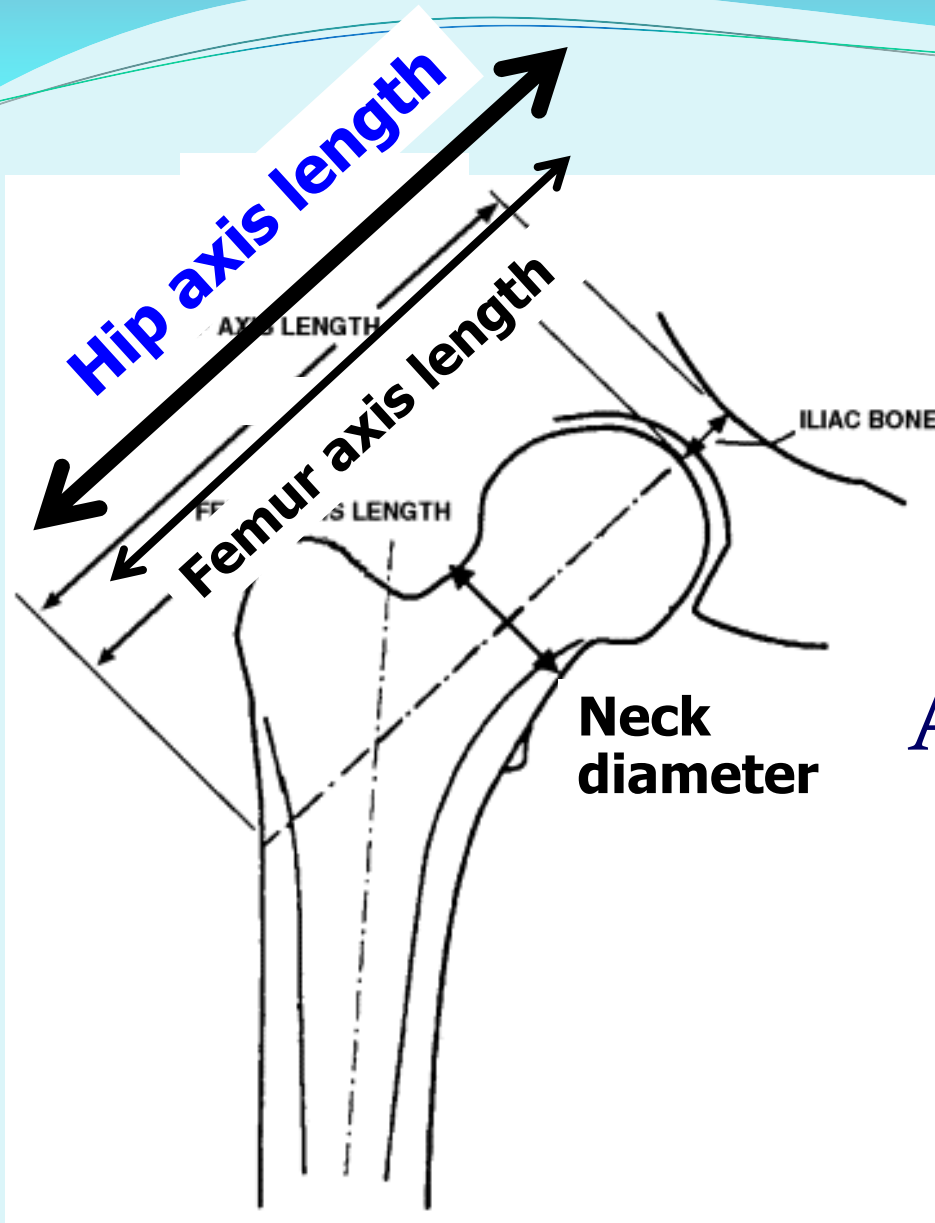
Animal protein intake (grams/day)

Prevent Osteoporosis: Eliminate Meat and Dairy Foods?



Hip Fracture Data = Ecological Study

- **Studies that pool data from different groups and compare the averages—rather than comparing information from individuals**
- **Don't control for other variables**
- **Miss important factors that might affect the comparisons**



Genetic Differences

Asians have a shorter HAL which protects against fractures

Cultural Differences

Strength



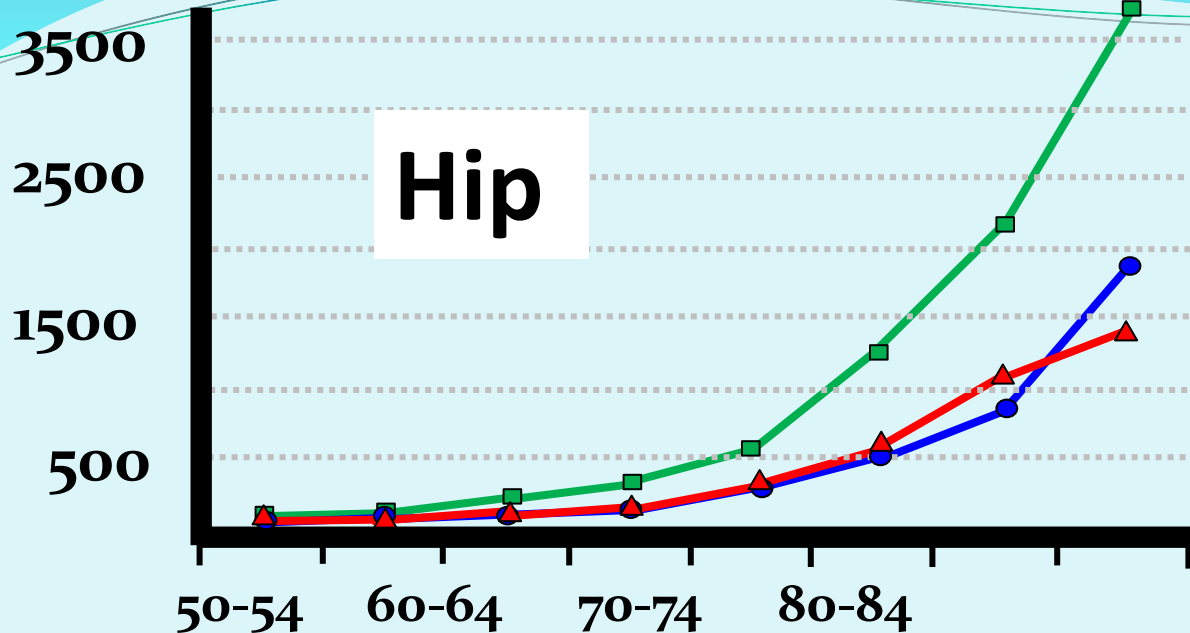
Cultural Differences

**Better
balance**



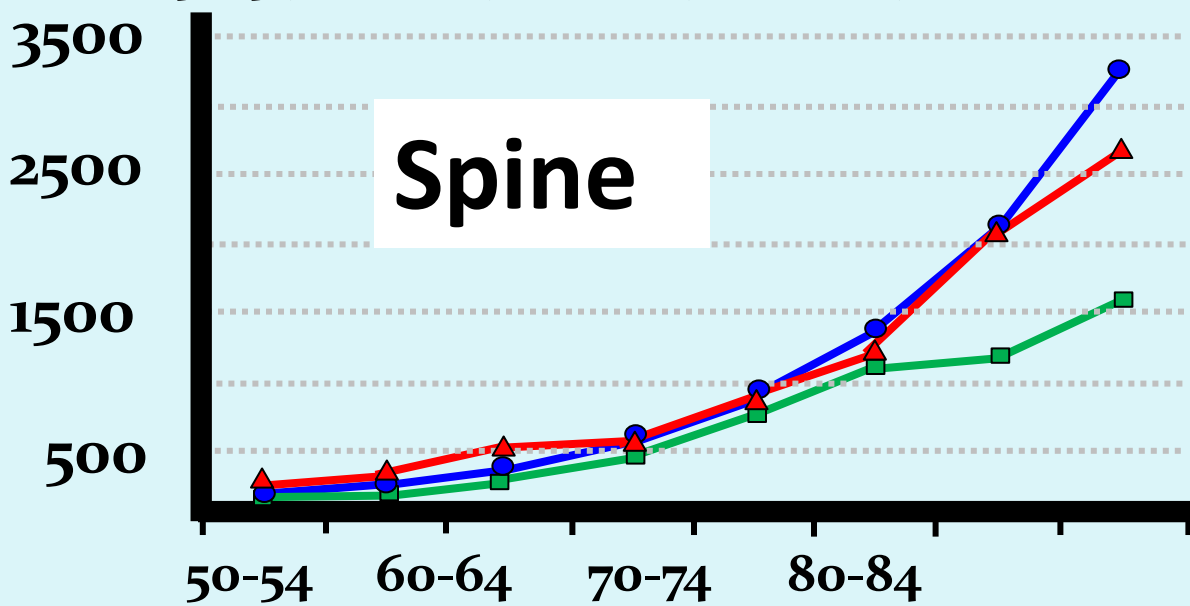
Even where hip fracture rates are low, osteoporosis is common





- Sweden
- Japan
- ▲ Hong Kong

**Age-
adjusted
female
fracture
rates (per
100,000)**



EPIC-Oxford 2007 Findings

**Vegans were 37%
more likely to
fracture a bone than
meat-eaters or lacto-
ovo vegetarians**



Calcium Intake in the EPIC-Oxford

Dietary pattern	Intake (mg/d)
Omnivores	1,057
Pesco-vegetarian	1,081
Lacto-ovo	1,087
Vegan	610

Protein protects bone health

- **Improves calcium absorption**
- **Contributes to bone structure**
- **Promotes muscle strength**

Adventist Health Study



Calcium without COWS



**Wild greens supplied abundant
calcium to early humans**

The Plant Plate



All vegan food groups provide calcium

Calcium-rich foods for vegans

(RDA = 1,000 mg)

Food	mg calcium
½ C calcium-set tofu or soybeans	90 - 200
1 C fortified plant milk	300 +
2 T almond butter or tahini	90
1 C fortified orange juice	300 +
½ C figs	120
2 navel oranges	120
1 C leafy green vegetables	160 - 250

Calcium from Leafy Greens

**Good sources: Bok choy, collards,
kale, turnip greens**

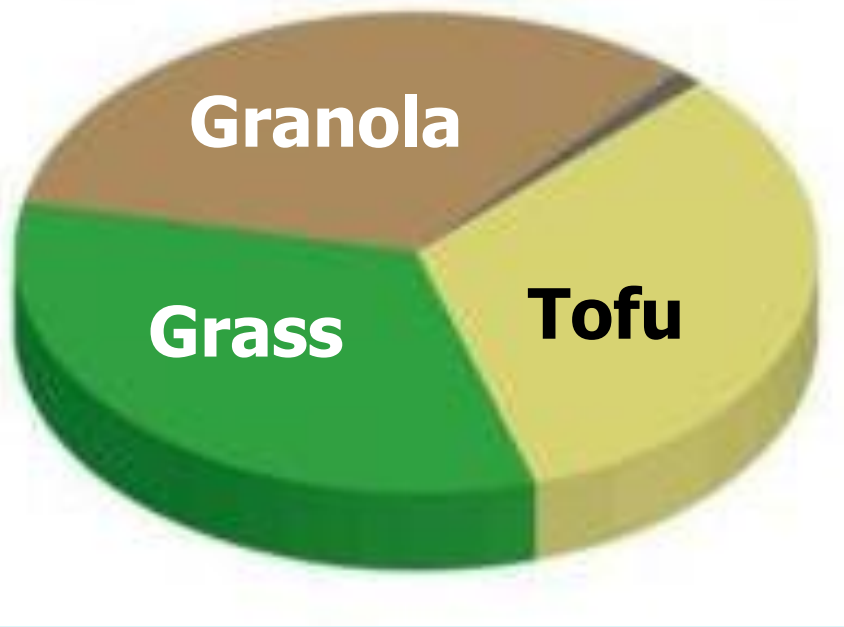
**Poor sources: Spinach, Swiss chard,
beet greens**

6. Enjoy vegan foods



What vegans really eat

What people think vegans eat



- | | | | |
|------------------------|------------------|--------------------|------------------|
| artichokes | cookies* | kale | coconut |
| asparagus | kiwi | raspberries | coconut curry |
| avocados | lasagne* | rice | coconut milk |
| bacon* | lettuce wraps | salsa | cookies* |
| bagels | mac 'n' cheese* | samosas | kiwi |
| bananas | mandarin oranges | sandwiches | lasagne* |
| beans | mangos | seitan | lettuce wraps |
| beef* | marshmallows* | soul food* | mac 'n' cheese* |
| beets | mashed potatoes | soup | mandarin oranges |
| biscuits* | melons | soy milk | mangos |
| bread | Mexican food* | spring rolls* | marshmallows* |
| broccoli | nachos* | stir-fry* | mashed potatoes |
| brownies* | noodles | strawberries | melons |
| Brussels sprouts | onion rings | sushi* | Mexican food* |
| buffalo wings* | oranges | sweet potato fries | nachos* |
| burgers* | pasta* | tabouli | noodles |
| burritos* | peaches | tacos* | onion rings |
| cake* | peanut butter | tempeh | oranges |
| carrots | peas | Thai food* | pasta* |
| celery | peppers | Tofurky | pasta |
| cheese steak sandwich* | pies* | tofu scramble | peaches |
| cheese* | pineapple | tomatoes | peanut butter |
| cheesecake* | pizza* | tortilla chips | peas |
| cherries | potato skins* | veggie tempura | peppers |
| chili cheese fries* | potatoes | veggie wraps | pies* |
| chili* | pumpkin | everything else* | pineapple |
| Chinese food* | quinoa | *vegan version | pizza* |
| | | | potato skins* |
| | | | potatoes |
| | | | pumpkin |







Demonizing foods

- Demonizing foods is **fear-based nutrition**: never, ever eat this food
- **Science-based nutrition**: emphasize certain foods, eat others less frequently, use some foods as occasional treats.

7. Celebrate Veganism



Findings from EPIC/Oxford

	Meat eaters	Vegan
Total fat intake	34%	30%
Saturated fat intake	12%	5%
Blood Cholesterol	191	158



Vegan = Compassion; Guaranteed



1. Eat legumes

**3 or more servings per day of
beans, peanuts/peanut butter,
soyfoods, quinoa, pistachios**

2. Choose Healthy Fats

- **Omega-3 fats from flaxseeds, walnuts, flax, walnut or canola oil, chia seeds.**
- **DHA/EPA? 200-300 milligrams**
- **Moderate use of higher fat foods like nuts, seeds, avocado and vegetable oils**

3. Take Appropriate Supplements

- **600 to 1,000 IUs of vitamin D (if sun exposure isn't adequate)**
- **25-100 micrograms of vitamin B12**

4. Eat a Rainbow

- **Vitamin C**
- **Vitamin A**
- **Calcium**

5. Choose Calcium-Rich Foods

Kale, collards, fortified plant milks and juices, tofu, figs, almond butter, tahini.

6. Enjoy Vegan Foods

- **Emphasize whole plant foods but no foods are off limits**

7. Celebrate Veganism

- **Vegan diets always deliver on their promise of compassion**
- **Health benefits vary among individuals and are a wonderful bonus**

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