

7 Habits of Happy, Healthy Vegans

1. Eat legumes

3+ servings per day of beans, tofu, tempeh, soy nuts, peanuts, peanut butter, soymilk, veggie meats

2. Choose healthy fats

- Essential omega-3 fats from flaxseed, hempseed, walnuts, or flax, hemp, walnut, soy, canola oil.
- Consider a supplement of DHA and EPA from microalgae
- Nuts, seeds, olives, avocado, vegetable oils provide healthy fats.

3. Take appropriate supplements

- 600 – 1000 IUs of vitamin D daily
- 25-100 micrograms of vitamin B12 daily

4. Eat the rainbow

Eat vitamin C-rich foods to improve iron absorption: Citrus fruits, strawberries, green leafy vegetables, peppers, cauliflower, cabbage, tomatoes.

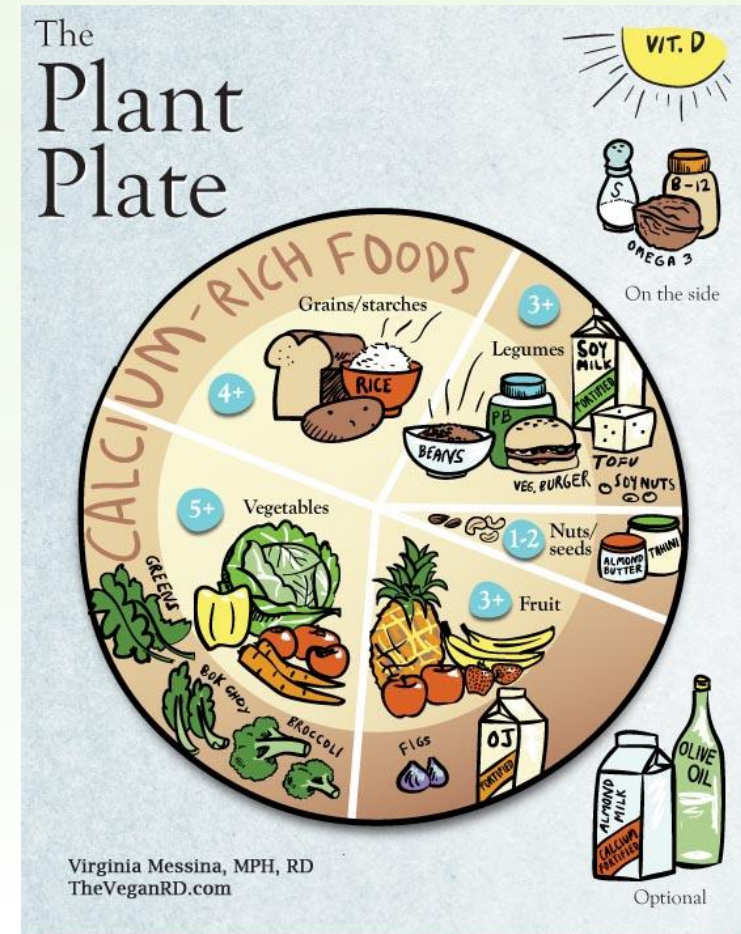
5. Get adequate calcium

Calcium-set tofu, soybeans, fortified plant milks, almond butter, tahini, fortified juices, figs, navel oranges, bok choy, kale, and collards.

6. Enjoy a variety of vegan foods.

- Focus on whole plant foods.
- Opt for convenience when necessary

7. Celebrate Veganism—guaranteed compassion



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