7 Habits of Happy, Healthy Vegans

A VegFest Presentation
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TheVeganRD.com
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
- 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)
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
- ¼ cup pistachios
- 1 cup quinoa
<table>
<thead>
<tr>
<th>A Serving of Legumes</th>
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</thead>
<tbody>
<tr>
<td>PB&amp; J sandwich</td>
</tr>
<tr>
<td>Scrambled tofu</td>
</tr>
<tr>
<td>Veggie burger</td>
</tr>
<tr>
<td>Barbecued tempeh</td>
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<tr>
<td>Hummus wrap</td>
</tr>
<tr>
<td>Lentil soup</td>
</tr>
<tr>
<td>Quinoa pilaf</td>
</tr>
<tr>
<td>Trail mix with pistachios</td>
</tr>
<tr>
<td>Vegetables with peanut sauce</td>
</tr>
<tr>
<td>Salad with soynuts</td>
</tr>
<tr>
<td>Bean burrito</td>
</tr>
<tr>
<td>Taco with veggie “ground beef”</td>
</tr>
</tbody>
</table>
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

Found in fatty fish

May lower 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

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

Similar structure to B12, but no vitamin activity
Can we get adequate B12 from unwashed organic produce?
Endogenous B12 Production
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

<table>
<thead>
<tr>
<th>Food</th>
<th>mg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk, 1 C</td>
<td>0.07</td>
</tr>
<tr>
<td>Salmon, 3 oz</td>
<td>0.6</td>
</tr>
<tr>
<td>Chicken, ½ breast</td>
<td>0.6</td>
</tr>
<tr>
<td>Beef, 3 oz</td>
<td>1.3</td>
</tr>
<tr>
<td>Soymilk, 1 C</td>
<td>1.6</td>
</tr>
<tr>
<td>Black-eyed peas, ½ C</td>
<td>2.2</td>
</tr>
<tr>
<td>Tofu, 3 oz</td>
<td>3.0</td>
</tr>
<tr>
<td><strong>Lentils, ½ C cooked</strong></td>
<td><strong>3.3</strong></td>
</tr>
<tr>
<td>Dark chocolate, 1 oz</td>
<td>3.9</td>
</tr>
</tbody>
</table>
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
Iron + Vitamin C

• Oatmeal with orange juice
• Brown rice topped with steamed broccoli
• Stir-fried tofu with red peppers
Fruits and Vegetables for Vitamin A
Fruits and Vegetables for Calcium
5. Get Adequate Calcium
Excess protein → Calcium loss from bones → Poor bone health
Vegan diets are more moderate in protein...so do vegans need less calcium?
Protein protects bone health

- Improves calcium absorption
- Contributes to bone structure
- Promotes muscle strength
Adventist Health Study

More Protein-rich Foods = Better Bone Health
EPIC-Oxford 2007 Findings

Vegans were 30% more likely to fracture a bone than meat-eaters or lacto-ovo vegetarians
## Calcium Intake in the EPIC-Oxford

<table>
<thead>
<tr>
<th>Diet</th>
<th>Intake (mg/d)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Omnivores</td>
<td>1,057</td>
</tr>
<tr>
<td>Lacto-ovo</td>
<td>1,087</td>
</tr>
<tr>
<td>Vegan</td>
<td>610</td>
</tr>
</tbody>
</table>

*Public Health Nutrition: 6(3), 259–268*
Calcium without cows

Wild greens supplied abundant calcium to early humans
Calcium-Rich Foods for Vegans

- Collards, kale, turnip greens (not spinach or chard)
- Fortified plant milks, tofu made with calcium sulfate, soybeans
- Almonds, tahini, figs, naval oranges
6. Enjoy Vegan Foods
What people think vegans eat

- Granola
- Grass
- Tofu

What vegans really eat

- Artichokes, asparagus, avocados, bacon, bell peppers, beets, beans, biscuits, bread, broccoli, brownies, cashews, buffalo wings, burgers, burritos, cake, cauliflower, celery, cheese, steak sandwiches, peppers, cheese, chocolate cake, cherries, chili cheese fries, chips, Chinese food, cookies, kiwi, lasagna, lettuce wraps, macaroni and cheese, mandarin oranges, mangoes, marshmallows, mashed potatoes, melons, Mexican food, nACHos, noodles, oranges, paella, peaches, peanut butter, peas, plantains, pizza, potato skins, potatoes, pumpkin, quinoa, kale, raspberries, salsa, sausages, sandwiches, seitan, soul food, soy, soy milk, spring rolls, strawberries, sushi, sweet potato fries, tabouli, tempah, Thai food, tofu, scramble, tamales, tacos, sweet potato fries, tempeh, tofu scramble, turnips, turtle, veggie tempura, veggie wraps, everything else, "vegan version"
7. Celebrate Veganism
## Findings from EPIC/Oxford

<table>
<thead>
<tr>
<th></th>
<th>Meat eaters</th>
<th>Vegan</th>
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<tbody>
<tr>
<td>Total fat intake</td>
<td>34%</td>
<td>30%</td>
</tr>
<tr>
<td>Saturated fat intake</td>
<td>12%</td>
<td>5%</td>
</tr>
<tr>
<td>Blood Cholesterol</td>
<td>191</td>
<td>158</td>
</tr>
</tbody>
</table>
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, turnip greens
Fortified plant milks and tofu
Figs, almond butter, tahini, navel oranges
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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