

KARO'S

NUTRITIOUS

DELICIOUS

CRUELTY-FREE DISHES

a vegan cook book

NUTRITION  
BOOKLET



# The Nutrition

**KNOW WHAT YOU EAT.** There are so many **false stories** on how underfed vegans are, how vegans don't eat enough vitamins, how a vegan diet lacks iron, calcium, protein etc, let me tell you one thing all of that is nonsense of the absolute kind. I have studied & researched vegan nutrition to the bone. I know what I should be eating or more importantly what I should provide while cooking meals according to the vegan diet and **I know all about the daily dietary intake requirements for a vegan diet**, so allow me to share and care here.

## Buy GMO-Free & Organic!

Wherever you are in the world, try to buy locally, organically and happily. I personally don't EVER shop in the supermarket (I call it the stupidmarket) instead I always try to support local farmers and local businesses as much as I can, I work at ALFALFA HOUSE FOOD COOP here in Sydney, so I know what I am talking about, there are a food co-ops, local organic markets & farms all over the world though, for example I visited PARK SLOPE FOOD CO-OP recently in New York and was absolutely blown away. Think before you eat! If you live in Sydney, join ALFALFA HOUSE FOOD COOP: [www.alfalfahouse.org](http://www.alfalfahouse.org)

●● **PLEASE NOTE:** the nutritional information I am providing is NOT medical advice or in any way qualified dietary advice, such information should be obtained from a qualified medical advisor and or dietician, I am just providing this information as a guideline for adopting & most of all obtaining a vegan diet.

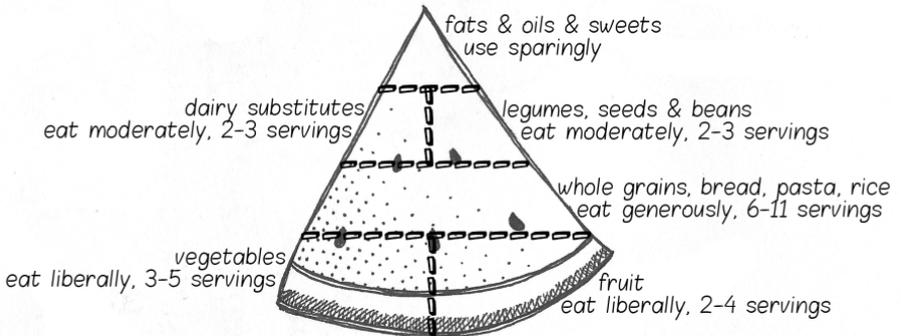
# VEGAN FACTS

From Eating for Life Magazine:

THE LARGEST NUTRITIONAL MEDICAL ORGANISATIONS, INCLUDING THE AMERICAN DIETETIC ASSOCIATION CONFIRM THAT BALANCED PLANT-BASED DIETS ARE HEALTHIER THEN DIETS THAT INCLUDE MEAT.

According to medical authorities, vegans can get plenty of protein without having to pay particular attention to their diets. By contrast consuming too much animal protein has been scientifically linked to osteoporosis - according to a 2003 U.S Department of Agriculture (USDA) report, vegetarian women had STRONGER bones then women who ate meat.

## VEGAN FOOD PYRAMID



## Essential NUTRIENTS for vegans:

### PROTEIN:

Main sources in a vegan diet:

Pulses: peas, beans (adzuki beans, black beans, chickpeas (and chickpea/ besan flour), kidney beans), lentils, soya foods (tofu, tempeh, soya mince, soya milk)

Nuts: cashews, almonds, peanuts, pistachios, brazil nuts, walnuts, pine nuts, pecan nuts and hazel nuts.

Seeds: pumpkin, sunflower, sesame.

Grains: wheat, oats, buckwheat, millet, quinoa, amaranth, pasta, bread, seitan (wheat protein)

Protein Fact: a quarter piece of steak contains 12 % of protein (plus fat, cholesterol and all sorts of bad) spinach contains 13 % of protein (plus anti oxidants, iron, magnesium, other vitamins, NO cholesterol and all sorts of good)

### FAT:

Essential Fatty Acids in a vegan diet: Flaxseed oil, rapeseed oil, hempseed oil, walnuts, sunflower oil, olive oil, nuts and seeds. Rapeseed and hempseed oils are also rich in OMEGA-3, so no need for fish intake at all.

•••FACT: The Environmental Protection Agency (EPA) revealed that women who ate fish just twice a week had blood mercury concentrations that were seven times higher than those of women who didn't eat fish.

Fat is a rich source of energy and is important for carrying vitamins A, D, E and K and certain antioxidants. Fats also supply essential fatty acids for healthy skin and have a role in regulating body functions. However, eating too much fat (particularly saturated fat and trans fats) can be harmful and increase the risk of diseases. MODERATION IS KEY!

There are four kinds of fat:

Saturated: usually solid at room temperature.

Unsaturated: tend to be liquid at room temperature, such as those found in vegetable oil. Unsaturated fats consist of monounsaturated fats and polyunsaturated fats.

Monounsaturated: Monounsaturated fats are found in olive oil, avocados, nuts and seeds.

Polyunsaturated: Polyunsaturated fats can be found in foods such as oily fish (sardines and tuna), soybean and walnuts.

Another type of unsaturated fat = trans fats. Trans fat= when vegetable oils are converted in solid fats, a process called hydrogenation, trans fatty acids are formed, try to avoid using and/or eating trans fats!

Vegan = NO CHOLESTEROL

Cholesterol is found in foods of animal origin so the vegan diet is totally cholesterol free.

What kind of oils should you use?

The best choice, based on current research & knowledge is one high in polyunsaturated fat or monounsaturated fat. I personally cook in as little oil as possible and only use organic olive oil, coconut oil (on rare occasions sesame oil) Moderation is key as it's a 100 % fat based product.

COCONUT OIL: Questioned by many but based on my own research I state that coconut oil is a good fat, a healthy choice when taken in moderation. Coconut oil has no cholesterol, no trans fats and is lower in calories than all other fats and oils, because of its stability it has a very long shelf life. Coconut oil is a clear liquid above 26 degrees as it cools pearl crystals form and below 23 degrees it is a white solid, to melt stand the jar in warm water (don't boil, don't micro-wave)

---

### CARBOHYDRATES:

Main sources: Wholegrain pasta, whole-meal bread, potatoes, wholegrain rice, pulses such as beans and lentils.

Function of Carbohydrates:

The main function of carbohydrates is to provide your body with energy. When carbohydrates are in our body, they are being broken down and used as energy. Carbohydrates are divided into 2 groups: simple and complex. Simple carbohydrates are also called simple sugars. Simple carbohydrates include: fructose (fruit sugar), sucrose (table sugar) and lactose (milk sugar), as well as several other sugars. Complex carbohydrates include fiber and starches. They can be found in vegetables, bread, rice, oatmeal, whole grains, peas and beans. So in this case always go for the complex and forget about the simple, basically avoid the simple!

## CALCIUM:

Main sources of calcium in a vegan diet: calcium-fortified soymilk, calcium-fortified breakfast cereals and orange juice, tofu made with calcium sulfate, and some dark-green leafy vegetables like collard greens, turnip greens, bok choy, mustard greens etc. Vegetables and fruit improve calcium balance so eat plenty!

Calcium Fact: Like with protein there is a huge misconception on vegan calcium intake, the heavy promotion of the dairy industry makes the public believe that milk is the sole source of calcium, but there is more calcium in 120 grams of firm tofu or  $\frac{3}{4}$  cup of collard greens as there is in one cup of cow's milk.

My personal non-dairy philosophy:

NOT YOUR MUM NOT YOUR MILK: a little vegan reminder:

*When I was thinking of turning vegan my friend Liam reminded me of this & now let me remind you why vegans drink non dairy and or nut milks, humans have milk to drink because other humans made the cow lactate, she is lactating because she was FORCED into conceiving. The calf once born is then TAKEN AWAY from the mother, only for us to extract the milk, all VERY EXTREMELY wrong, so that's why we drink DAIRY FREE milk, that is why we do NOT use ANY dairy products in any vegan meals, because once again, an animal cruelty free life is a better life for all. Strong vegan bones & lots of free & happy cows, that's what the vegans are all about!*

LOKAH SAMASTAH SUKHINO BHAVANTU

May all beings everywhere be HAPPY and FREE.

And may the thoughts words and actions of my own life, contribute in some way to that happiness and to that freedom for all.

---

### *IODINE:*

Main sources of iodine in a vegan diet: Seaweed (kelp) is by far the best source. Other iodine sources for vegans are: iodized salt (sea salt mostly) and sea vegetables, since too much iodine can cause health problems, high-iodine sea vegetables should be limited (like arame)

---

### *IRON:*

Main sources of iron in a vegan diet: iron-fortified breakfast cereals, spinach, kidney beans, black-eyed peas, lentils, turnip greens, molasses, whole wheat breads, peas, and some dried fruits (dried apricots, prunes, raisins).

Iron Fact: You would have to eat more than 1700 calories of sirloin steak to get to the same amount of iron as found in 100 calories of spinach. Plus many vegetables that are high in iron are also high in vitamin C, such as broccoli and bok choy. Iron comes in two forms: heme and non-heme iron, the vegan diet only contains non-heme iron as heme-iron is only found in meat, poultry and fish, because of this iron intake for vegans is higher than for non vegans.

---

### *ZINC:*

Main sources of zinc in a vegan diet include: many types of beans, grains and nuts: black eyed peas, garbanzo, white beans, kidney beans, lentils, lima beans, green peas, chickpeas, zinc-fortified breakfast cereals, wheat germ, tofu, tempeh, textured vegetable protein, pumpkin seeds.

Zinc Fact: Zinc is necessary for many biochemical reactions and also helps the immune system function properly. The RDA (Recommended Daily Amount) of Zinc is 11 milligrams for adult men and 8 for adult women: vegans should strive for zinc intakes a little higher than the RDA.

## ESSENTIAL VITAMINS FOR VEGANS

### Vitamin B12

Main source of B12 in a vegan diet: I would say personally that one of the biggest sources would be nutritional yeast, other sources include:

breakfast cereals, soymilk, veggie burgers, seitan (wheat gluten)

B12 Fact: even though essential in a vegan diet the required intake is very low, neither plants nor animals make B12, so vegans need to look for fortified foods or supplements to get vitamin B12.

### Vitamin A (Beta Carotene)

Main sources: Carrots, dried fruit, red and orange peppers, broccoli, green leafy vegetables, tomatoes, mangoes, sweet potatoes and squash.

### B Vitamins / Folic Acid

Main sources: Pumpkin seeds, broccoli, wholemeal bread, mushrooms, bananas, peas, nuts, beansprouts, millet, soya, figs, yeast extract and prunes.

### Vitamin C

Main sources: Most fruit and vegetables, including lettuce, oranges, peas, and green peppers.

## Vitamin D (calciferol)

Main sources: Sunlight, fortified breakfast cereal, fortified soymilk.

We are pretty blessed with this in Australia: my Vitamin D intake was a lot less growing up in the Netherlands, the most natural source of the D will always be that bright, yellow friend that treats us so well.

## Vitamin E (tocopherol)

Main sources: Sunflower seeds, margarine and oil, most nuts, avocados, green leafy vegetables, oats, whole-meal bread.

## Vitamin K

Main sources: Kelp (seaweed), peas, lettuce, soy products, green leafy vegetables.

## **KALE KALE KALE AND MORE KALE!**

Kale, also known as borecole, is one of the healthiest vegetables on the planet. One cup of chopped kale contains 33 calories and 9% of the daily value of calcium, 206% of vitamin A, 134% of vitamin C, and a whopping 684% of vitamin K. It is also a good source of minerals copper, potassium, iron and phosphorus.

**SUPER FOODS!** (I use a tablespoon of these super foods in my breakfast smoothies in the morning and recommend them all highly.)

*Maca*: This is my personal favorite; energising and revitalising containing vitamins, minerals, enzymes and all the essential amino acids plus unique alkaloids, which help stimulate the master glands that in turn may help

optimise and balance the entire endocrine system. Grown at 4,000m above sea level in the Andean district of Junin by the Pumpush people who have been cultivating and consuming Maca as a staple food for thousands of years.

*Lucuma*: an excellent source of carbohydrates, fibre, vitamins and minerals. It smells divine and has a creamy citrus flavour. This exotic Peruvian fruit is known as the “Gold of the Incas” and is considered one of the lost crops of the Incas. Peruvian culture is steeped in traditions rich in fine foods and cultural culinary delights. The Lúcumá name has been honored both spiritually and culinary since ancient times. Today, this fruit is still prominent in contemporary Peruvian celebrations.

*Spirulina* a 100% natural and a highly nutritious micro salt- water plant which is made primarily from two species of bacteria: *Arthrospira platensis* and *Arthrospira maxima*. *Spirulina* contains rich vegetable protein (3~4 times higher than fish or beef). It contains a wide range of minerals (including Iron, Potassium, Magnesium Sodium, Phosphorus, Calcium etc).

*Acai and Macai Berry*: Acai (ah-sigh-EE) is a high antioxidant energising berry that grows only in the Brazilian Amazon and on Colombia's Pacific Coast.

These products are available from different health food stores, but I would highly recommend ordering them from LOVING EARTH if you live in Australia.

*“Loving Earth is a Melbourne-based company dedicated to sourcing and manufacturing the highest quality organic, fairly traded and wild crafted functional foods available. Loving Earth is passionate about working with small producer communities around the world to provide healthy, sustainable & fair ingredients”* For more information check: [www.lovingearth.net](http://www.lovingearth.net)

*Chia* is from the annual herb family of mint. Chia dates back to pre-Colombian Aztec times, where the seed was used in pudding and bread recipes. Notably it was used by messengers of the day, who would consume it for endurance performance. The Chia seed contains essential minerals, phosphorous, manganese, calcium, potassium, sodium. I highly recommend trying MILA, which contains 100 % natural whole raw chia seed.

*Last but not least: KALE KALE KALE AND MORE KALE!* Kale in smoothies, kale in juices, kale for breakfast, kale for lunch, kale for dinner, kale for snacks (dehydrated kale chips, OMG) So I think you get the idea, I love KALE and it has so much goodness to offer, if I was ever to marry my dress would be made out of kale and the bouquet

### **Other Vegan Factors To Consider:**

Salt like sugar, oil and fats to me come with one rule, consideration of moderation. The truth about cooking with salt is: salt (sodium) causes calcium loss, so cook with low-sodium salt and low-sodium foods. Caffeine reduces calcium absorption so reduce your intake of caffeinated foods and drinks such as coffee and tea. I am a fanatic tea drinker myself and would advice drinking herbal and caffeine-free tea just the healthier choice, stay away from coffee for so many reasons, that evil black juice is bad, bad, bad.

### ***SIMPLY VEGAN by Debra Wasserman:***

Some of the nutritional information provided in this chapter comes straight from the book: *SIMPLY VEGAN*, a book I strongly recommend for anyone on a vegan diet or anyone considering a vegan diet, it's full of nutritional information for vegans, facts, recipes, menus and really useful information.