



WHAT DOES VEGAN MEAN?

VEGAN is a type of diet that involves not consuming animal products or by-products.

WHERE ARE ANIMAL PRODUCTS AND BY-PRODUCTS FOUND?

Animal products are any food item that comes directly from, or is derived from an animal. Animal products include **FISH**, **POULTRY** and **MEAT**. Animal by-products include **ANIMAL FATS**, **GELATIN**, **DAIRY**, **HONEY** and **EGGS**.

WHICH FOODS ARE VEGAN?

Many foods are vegan naturally, like *vegetables and fruits, beans, seeds and nuts.*



Did you know that Canada's Food Guide encourages choosing protein foods that come from plants more often? Plant-based proteins can provide more fibre and less saturated fat than other types of protein foods.

CROSS-CONTAMINATION

Vegan products must not come into contact with non-vegan foods during **STORAGE**, **PREPARATION**, or **COOKING**.

Cross-contamination is the transfer of an ingredient from one food product to another. If vegan foods are not **SAFELY STORED** from non-vegan foods, the food can become contaminated with animal product.



A vegan diet can have many health benefits, including lower rates of heart disease, high blood pressure, high blood cholesterol and type 2 diabetes. However, it is important to ensure your diet is well-balanced and includes all essential nutrients.

FOLLOWING A VEGAN DIET

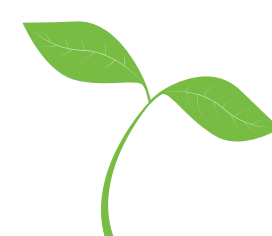
Follow Canada's Food Guide to make sure your diet is well-balanced and includes:

- **IRON:** People who follow a vegan diet need twice as much dietary iron. Good sources of iron include vegetables and dried peas/lentils.
- **PROTEIN:** Vegan protein sources include soy, nuts, seeds, beans, grains and meat alternatives etc.
- **CALCIUM:** Good calcium sources include almonds, tahini and fortified soy.

Other important nutrients to consider in a vegan diet are vitamin B12, vitamin D, zinc and omega-3 fats.



People choose the vegan diet for many reasons including health, environmental and ethical reasons.



For more information on the vegan diet, nutrients, and recipes, visit <http://vrg.org>