

Go Vegan!

Go Vegan Nutrition Guide

By Amy Rachelle, ND



Plant-Sourced Macronutrients & Micronutrients

How will you know if all your nutritional bases are covered? Eat a balance of macro and micronutrients.

What are they?

Macronutrients are what we need most:
water, fats, carbs, and protein.

We need trace amounts of micronutrients :
vitamin and microminerals.

Though they are just as important as macronutrients
- remember, it's all about balance.

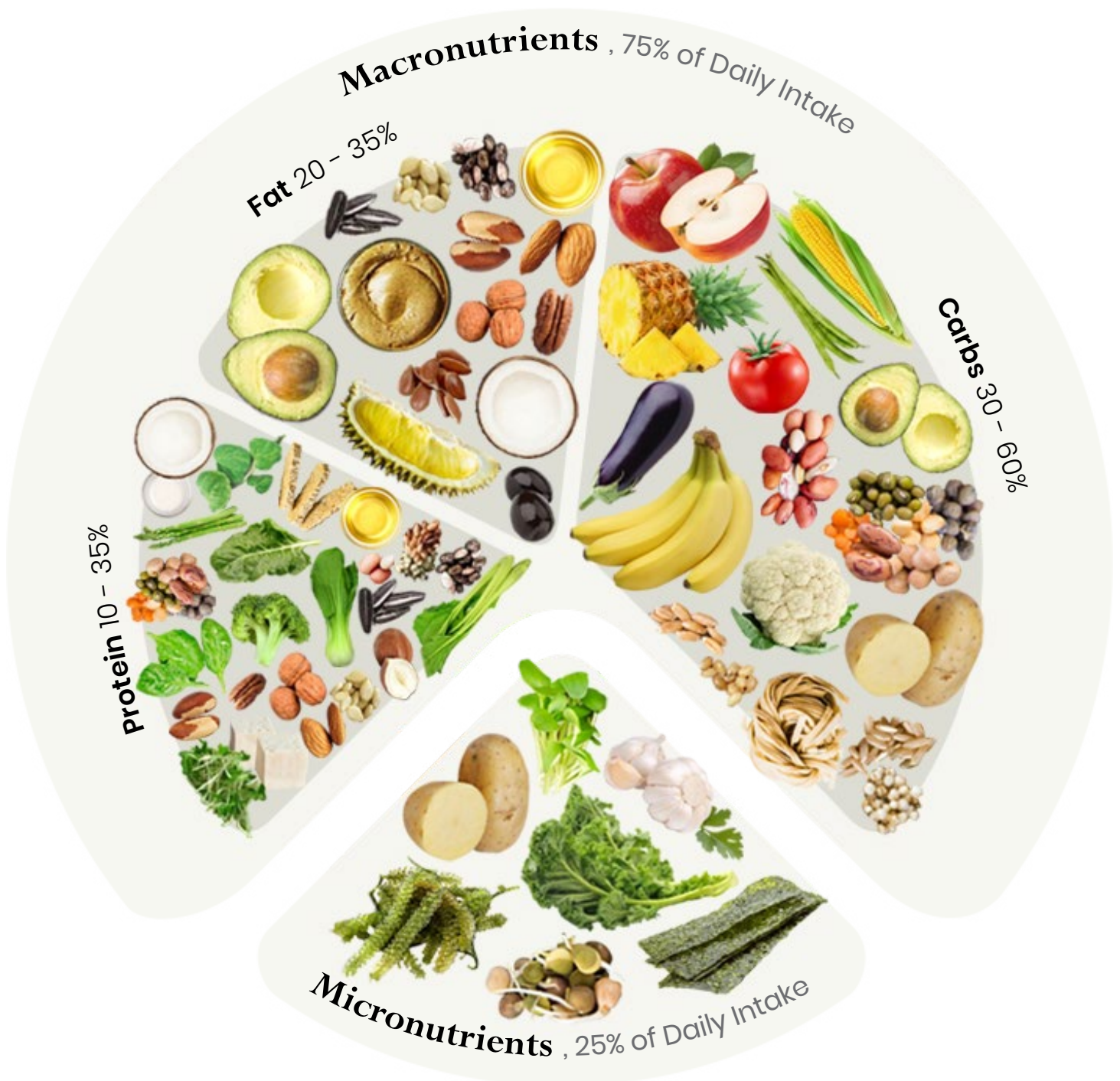
In this guide, learn the breakdown of macro and
micronutrients, and what they are made up of.

First, lets learn how that translates to what vegans eat.

Healthy What Vegans Eat

- 🔥 Vegetable/Fats - 45%
- 🔥 Fruit - 20%
- 🔥 Grains - 10%
- 🔥 Vegan Packaged Food - 10%
- 🔥 Sprouts - 10%
- 🔥 Seaweed/Algae - 5%

Basically, eat a wide variety of fruit, veg, and healthy fats (Macronutrients) as your base - and you're set. Though do get your Micronutrients in as well for balance!



Macronutrients

Macronutrients are stored and used in large numbers by the body. Each of the following 4 macronutrients (and micronutrients below) provide energy (commonly known as calories). Macronutrients are essential in forming tissue and providing us with energy.

We humans need the majority of our diet from Macronutrients:

Water

The number 1 nutrient we need, as we are up to 70% water.

Fats (lipids)

Steroid hormones & vitamins (A, D, E, and K) that are fat soluble. Used for energy storage and as an intracellular messenger.

Carbs (starch & sugar)

The most major source of energy we need. Use cleaning running sources to fuel a healthy life (see Vegan Nutrition chart).

Protein

Builds and repairs our body, while powering bodily fluids, cells, muscles and organs.

7 Common Macrominerals:

Macronutrient	Food Sourced
Sodium	Celery, beets, carrots, chard, spinach, sea salt, himalya salt, seaweed, vegetable juice
Potassium	Parsnips, spinach, oranges, tomatoes, parsnips, beets, beans, lentils, bananas
Magnesium	Avocados, almonds, black beans, brown rice, cashews, potatoes, pumpkin
Calcium	Broccoli, tahini, sesame seeds, leafy greens, almonds, tofu, tempeh, oranges, seeds, blackstrap molasses
Chloride	Lettuce, tomatoes, celery olives sea salt, kelp, seaweed, algae, rye, helps build HCL
Phosphorus	Whole grains, nuts, sunflower & pumpkin seeds, lentils, amaranth, quinoa, non-GMO soy
Sulfur	Cabbage, asparagus, eggplant, onions, garlic, durian, shallots, chives, okra, leeks, beans, lettuce, spinach

Micronutrients

Micronutrients are vitamins and minerals that we need in smaller amounts. They help our body to create enzymes, hormones, and life giving elements needed for growth and development. They maintenance tissue function and metabolism and play a central role in keeping us healthy.

7 Common Microminerals:

Micronutrient	Food Sourced
Vitamin B6	bananas, avocados, sunflower weeds, Brussel sprouts, oranges, tahini, quinoa, potatoes with skin
Vitamin C	Kiwi, tomatoes, oranges, lemons, sweet peppers, broccoli, cantaloupe, strawberries, papaya
Vitamin E	Sunflower seeds, pumpkin, beet greens, collard greens, red bell pepper, almonds, spinach, olive oil
Magnesium	Whole wheat, seeds, nuts, legumes, brown rice, black beans, avocados, almonds, edamame, tofu, leafy greens
Zinc	Walnuts, chia seeds, hemp seeds, whole-grain bread, quinoa, flax seeds, beans, chickpeas, lentils
Iron	Pumpkin, hemp, flax and chia seeds, dried apricots and figs, kale, quinoa, raisins, beans, chickpeas
Manganese	Dark chocolate, whole wheat bread, pecans, almonds, brown rice, açai, pineapple, leafy greens, beans and legumes, bananas, bran cereals

So, it's easy to get all the nutrition you need eating vegan, from plant sources. Just eat a wide variety - the full rainbow color of fruit, veg, nuts, seeds, beans and legumes to get the nutrition you need. And B12? Remember, it is best sourced from soil. That's how the animals get it! Take a sublingual supplement if you feel you need it, eat vegetables from the earth not too clean - and most important, build your gut flora as B12 is assimilated from healthy gut microbiota.

Micronutrients are nutrients that we need in small amount. Micronutrients consist of vitamins and trace minerals that we need in smaller quantities. Although the body only needs small amounts of them, a deficiency can cause ill health.

Health benefits of Micronutrients include:

- boosting the immune system
- helping prevent or delay certain cancers, such as prostate cancer
- strengthening teeth and bones
- aiding calcium absorption
- maintaining healthy skin
- helping the body metabolize proteins and carbs
- supporting healthy blood
- aiding brain and nervous system functioning

Vitamins

There are 13 essential vitamins that nutritionists divide into two groups: fat soluble and water soluble. Fat soluble vitamins are:

- vitamin A
- vitamin D
- vitamin E
- vitamin K

Water soluble vitamins are:

- vitamin B-1 (thiamine)
- vitamin B-12 (cyanocobalamin)
- vitamin B-6
- vitamin B-2 (riboflavin)
- vitamin B-5 (pantothenic acid)
- vitamin B-3 (niacin)
- vitamin B-9 (folate, folic acid)
- vitamin B-7 (biotin)
- vitamin C

Trace Minerals:

- iron
- manganese
- copper
- iodine
- zinc
- cobalt
- fluoride
- selenium









Typically, a person who eats a diet rich in vegetables, fruits, and plant proteins can get all the vitamins they need in their food. However, those who eat less fruit and vegetables, and those with digestive conditions may need to take a vitamin supplement to reduce or avoid a deficiency.

Vegan Nutrition Chart









We recommend posting this chart where you will see it often - to keep macro and microminerals fresh on your mind. And also, to remind you of swap outs you can do from an animal, to plant-based diet.

Macronutrients – 60% Daily Consumption

Fats: Clean sources reduce inflammation & cholesterol, improve energy & mood, plus support memory & brain functioning. Dirty sources can clog & constipate.

Clean Running	Dirty Running	Switch Sources
 Avocado  Black Olives	 Beef  Chicken	Meat → Nuts, Seeds, Coconut Meat, Tofu, Tempeh, Jackfruit, Beans, Moderate Non-GMO Soy
 Tofu  Nut & Seed Butter	 Eggs  Cheese	Dairy → Packaged Milks, Cheeses, Yogurt, etc. + Coconut, Nuts & Seeds
		Butter → Aioli, Packaged Vegan Butter, Coconut, Olive Oil, Seaweed
		Eggs (binders) → Irish Moss Seaweed, Psyllium, Buckwheat, Flax & Chia Seeds, Nuts, Coconut Oil, Cocoa Butter, Avocado

Carbs: our main source of fuel and energy. Eat clean running carbs found in plants for peak performance & vibrancy. Limit dirty running carbs.

Complex Carbs	Simple Carbs	Switch Sources
 Nuts & Seeds  Broccoli	 White Bread  Candy	Soda → Fresh Pressed Juice
 Kiwi  Berries	 Fast Food  Coffee	Cheese Pizza → Plant Based Pizza
		White Bread → Whole-Grain Bread
		White Sugar → Coconut Sugar, Maple Syrup, Stevia
		Coffee → Green Tea & Matcha
		Candy → Fruit & Dried Fruit
		Chips → Kale Chips & Flax Crackers

Protein: clean sources (complex carbs), are known to build new cells, repair tissue & produce antibodies, while helping us feel full longer & reduce appetite (weight).

Clean Running	Dirty Running	Switch Sources
 Almonds  Jackfruit	 Oysters  Fish	Steak → Tempeh or Tofu Steak
 Bok Choy  Tempeh	 Milk  Cheddar Cheese	Chicken Dinner → Jackfruit Dinner
		Cheese → Plant-Based Cheese

Micronutrients – 40% Daily Consumption

Vitamins & Minerals: loaded with B6, vitamins C & E, magnesium, & zinc. Eat the full spectrum color of fruit & veg., + seaweed & sprouts.

Clean Running	Dirty Running	Switch Sources
 Seaweed  Apricots	 Canned Food  Sugar Cereals	Packaged & Canned Food → Fresh Food
 Sprouts  Kale	 Cooked Oils  Tap Water	Tap Water → Filtered & Spring Water
		Cooked Oils → Only Coconut Oil Is Non-Toxic with High Heat Cooking



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