Vegan Nutrition

* Macronutrients

fats, carbs, & protein

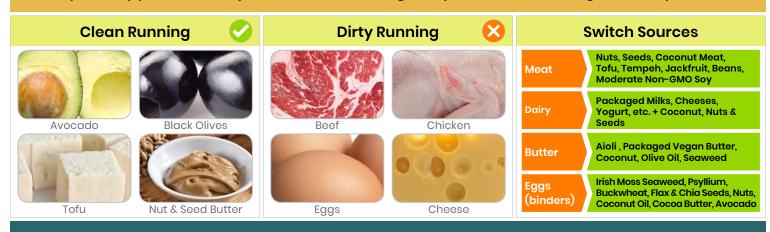
* Micronutrients

vitamins & minerals



Macronutrients - 60% Daily Consumption

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



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



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



Micronutrients - 40% Daily Consumption

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

