

Nail your NUTRITION!

Nutrition is an extremely important factor when it comes to planning your meals. Cath Short shares her expert tips for packing in all of the right proteins, vitamins and minerals

FOCUS ON WHOLE FOODS
Whole foods are the foundation of a healthy vegan diet. These are foods that are minimally processed and close to their natural state. Think fruits, vegetables, whole grains, legumes, nuts and seeds. These foods provide a wealth of nutrients, including vitamins, minerals, fibre, and antioxidants, which are essential for overall health.

Incorporate a variety of colourful fruits and vegetables into your meals to ensure you're getting a broad spectrum of nutrients. Experiment with different grains like quinoa, brown rice, and barley to diversify your carbohydrate intake. Legumes such as lentils, chickpeas, and black beans are excellent sources of protein and fibre, making them a staple in vegan meal planning.

ENSURE SUFFICIENT PROTEIN INTAKE
One common concern about vegan diets is protein intake. While it's entirely possible to get enough protein from plant-based sources, you need to be intentional about it. Include protein-rich foods like tofu, tempeh (my personal favourite), seitan, lentils, beans and legumes in your meals. These nutrient-dense options not only provide essential amino acids, the building blocks of protein, but also offer a variety of textures and flavours to diversify your diet and keep meals exciting.



TOFU, SEITAN AND BEANS ARE GREAT PROTEIN SOURCES

GOOD FATS ARE RAW SEEDS AND NUTS



FIBRE IS FOUND IN BROWN RICE, BEANS AND LEGUMES



DON'T OVERLOOK HEALTHY FATS

Fat is an essential macronutrient that plays a crucial role in hormone production, nutrient absorption, and overall cellular function. Focus on incorporating healthy fats into your meal plans, such as avocados, nuts, seeds, and small amounts of oils like cold-pressed olive and coconut oil. Omega-3 fatty acids, particularly EPA and DHA, are essential for brain health and inflammation control. While these fatty acids are predominantly found in fish, you can still obtain them from plant-based sources like flaxseeds, chia seeds, and walnuts. Consider supplementing with algae-based omega-3 supplements to ensure you're meeting your needs.