

Macronutrients

To be healthy and energetic, our body needs three main nutrients: **carbohydrates** (or carbs), **protein** and **fat**. Carbs and fat give us energy while protein helps build strong muscles.

Carbohydrates

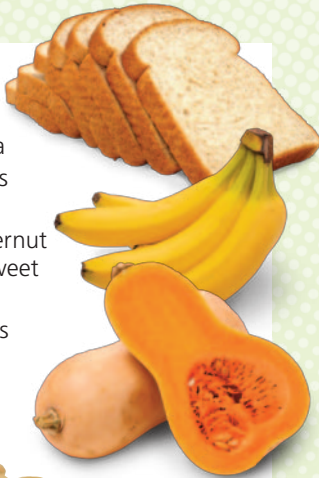
Wholegrains: eg brown rice, oats, wholemeal bread and pasta

Fruit: eg apples, bananas, berries and mangoes

Vegetables: eg aubergine, butternut squash, cabbage, spinach and sweet potatoes

Pulses: eg beans, lentils and peas

Nuts and seeds: eg cashews, peanuts (with skins on) and sesame seeds



'Good' fats

Nuts and seeds: eg almonds, hazelnuts, peanuts, pecans, pine nuts, pistachios, walnuts, pumpkin, sesame and sunflower seeds

Avocados

Vegetable oils: eg olive oil, rapeseed oil and sunflower oil

Pulses: eg beans, lentils and peas

Plant-based milks: eg almond milk and soya milk



Protein

Pulses: eg beans, lentils and peas

Soya and seitan products

Nuts and seeds (all types)

Wholegrains: eg oats, quinoa, rice, spelt and wheat



Great healthy sources of calcium

Green leafy vegetables: eg spring greens and kale

Other vegetables: eg bok choy, broccoli, cabbage and cauliflower

Nuts: eg almonds, Brazil nuts, cashews and peanuts

Seeds: eg pumpkin and sesame seeds

Pulses: eg beans, lentils and peas

Dried fruits: eg apricots and figs

Fortified foods: eg fortified soya milk



Great healthy sources of iron

Green leafy vegetables: eg broccoli, cabbage and spinach

Other vegetables: eg beetroot and sweet potatoes

Pulses: eg beans, lentils and peas

Wholegrains: eg brown rice, sweetcorn, wholewheat pasta and quinoa. (Plus, fortified wholegrain products, like breakfast cereals)

Nuts and seeds: eg almonds, cashews, flaxseed, pumpkin, sesame and sunflower seeds

Dried fruits: eg apricots, figs and raisins

Cocoa: eg cocoa powder and dark chocolate



For loads of information on healthy eating, go to viva.org.uk/health

If you want to be vegan, and eat no animals, there is lots of help at viva.org.uk and almost 1,000 recipes on veganrecipeclub.org.uk

Be part of Viva!Gen and save animals – find out how at viva.org.uk/viva-gen

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Viva! All about nutrition



Eating for energy and health



The food we eat is very important! If we eat unhealthy foods, we can become ill and unfit. But if we eat the right foods, we can stay healthy and full of energy. Nutrition is all about eating the foods that are good for our body and mind. Read on to find out what to eat to stay healthy.

What are unhealthy foods?

Unhealthy foods are high in sugar, salt, 'bad' fat and low in the good stuff like vitamins and fibre. Unhealthy foods are often junk foods like crisps, chocolate, sweets, burgers, sausages and chicken nuggets. Health scientists have discovered that the ingredients in these foods can cause illnesses such as heart disease, cancer and type 2 diabetes. This doesn't mean you can never eat sweets or crisps, but they should just be enjoyed as a treat... definitely not for breakfast, lunch and dinner!

Foods to reduce or avoid:

- Junk foods: eg crisps, sweets and sugary chocolate
- Meats: eg burgers, bacon, pork, steak and sausages
- Dairy foods: eg butter, cream and cheese

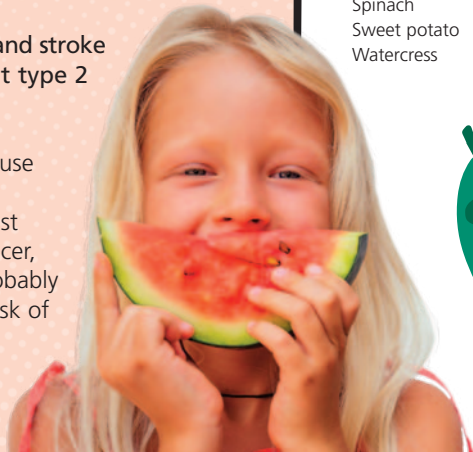
Why is eating lots of meat bad for us?

There are many reasons why avoiding or eating less meat can do you a lot of good. The more meat you eat, the more serious the problems can be.

Meat contains harmful fats, animal protein and haem iron. These can:

- Increase the fat in your blood (cholesterol)
- Raise your blood pressure
- Increase your risk of heart disease and stroke
- Make you much more likely to get type 2 diabetes.

Meat also contains compounds that cause cancer. The World Health Organisation (WHO) says that processed meat (eg fast food burgers and sausages) causes cancer, and red meat (eg pork, beef, lamb) probably does too. Eating meat increases your risk of several different types of cancer.

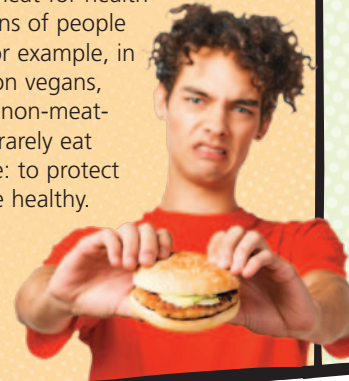


How can you be healthy?

Eat more of the good and less of the bad! It's worth it because the good stuff helps us have loads of energy. And if you stop eating meat, you can lower your cholesterol levels and blood pressure, and it may even reverse heart disease. If you replace meat with plant foods, you are less likely to get some types of cancer.

Many people reduce or stop eating meat for health reasons and around the world, millions of people choose to be vegetarian or vegan. For example, in the UK in 2024, there were 2.5 million vegans, 3.1 million vegetarians and 3 million non-meat-eaters. Also, a further 7 million Brits rarely eat meat. The main reasons they give are: to protect animals, to save our planet and to be healthy.

The best vegan diets include lots of fresh fruit and veg, nuts and seeds, peas, beans and lentils and healthy grains like wholemeal breads, brown rice and pasta.



What are healthy foods?

Healthy foods are foods that our body can use to stay in great shape. They don't cause diseases and can even stop us from getting them. Healthy foods are rich in vitamins and minerals, fibre and all the good stuff our body needs to grow big and strong. One of the easiest ways to know if a food is healthy is to ask: "Does this food come from a plant?" If it does, it is likely to be good for you!

Healthy vegan foods include:

- **Vegetables:** eg broccoli, carrots, cauliflower, onions and sweet potatoes
- **Fruits:** eg apples, bananas, berries, mangoes, melons and pineapples
- **Wholegrains:** eg oats, rice and wheat
- **Legumes:** eg beans, lentils and peas and peanuts
- **Nuts and seeds:** eg cashews, almonds and pumpkin seeds
- **Mushrooms**



Healthy sources of vital vitamins

A Butternut squash Carrots Kale Mango Melon Red pepper Spinach Sweet potato Watercress	B1 Beans Brown rice Nuts Oats Pumpkin seeds Sunflower seeds Wholemeal bread Wholewheat pasta Yeast extract	B2 Almonds Avocado Muesli Mushrooms Peas Soya milk with added B2 Quinoa Yeast extract	B3 Brown rice Corn on the cob Fortified breakfast cereals Muesli Nutritional yeast Peanuts Quinoa Wholewheat pasta Yeast extract	B6 Avocado Banana Brussels sprouts Chestnuts Corn on the cob Fortified breakfast cereals Hazelnuts Muesli Mushrooms Nutritional yeast Oranges Pistachios Quinoa Sesame and sunflower seeds Spring greens Tahini (sesame seed paste) Tomatoes Walnuts Wholewheat pasta	B12 B12 supplement Fortified foods Yeast extract	C Broccoli Brussels sprouts Cabbage Grapefruit Kiwi Lettuce Oranges Peppers – red, yellow and green Potatoes Raspberries Spinach Strawberries	D Fortified foods Mushrooms (if grown in sunlight) Sunlight – main source	E Avocado Broccoli Butternut squash Herbs Chickpeas Kale Mango Nuts and seeds Plant oils and spreads (hazelnut oil, safflower oil, sunflower oil, wheat germ oil, peanut oil, margarine and spreads) Spinach Tomatoes – canned Wheat germ	K Broccoli Brussels sprouts Cabbage Herbs Kale Plant oils (soya oil and rapeseed oil) Spinach Spring greens Watercress
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