

Vitamins

Organic substances essential for regulating metabolic activity and releasing nutrients from food. These can be divided into two types; fat soluble and water soluble. The fat-soluble ones (Vitamins A, D, E and K) tend to be stored in the liver and fatty tissue to be released when needed.

Water soluble vitamins (Vitamin C, the B Vitamins and Folic Acid) cannot be stored so need to be consumed on a regular basis. They can be destroyed by heating or exposure to air and can be lost in cooking water.

Most we are unable to produce ourselves with the exception of Vitamins D and K; the rest we need to source through our diet. The vitamins with antioxidant properties (A C D & E) are known to protect our cells and tissue against damage which can lead to degenerative and chronic diseases such as cancer.

Minerals

These are available in the body in very small quantities.

These inorganic nutrients are vital for building strong teeth and bones, for converting food into energy and for controlling the transition of body fluids in and out of cells.

Two of the essential minerals are calcium and iron. As with some vitamins, a number of minerals are known to protect the body and nervous system against chronic diseases.

Vegetarian and Vegan Diets

A healthy vegetarian or vegan diet is possible with planning, however there are some micronutrients you would need to include.

Calcium

This is vital for your bones and nervous system health as well as blood clotting and can be found in leafy green vegetables, almonds, sesame seeds and tofu.



Iron

Needed for growth & development. Lentils, chickpeas, tofu, cashew nuts and seeds can be a good source of iron however vitamin C is also needed as it facilitates iron absorption.

Vegetarian and Vegan Diets (*continued*)

Zinc

To help the immune system and growth it is found in chickpeas, lentils, tofu and seeds too.



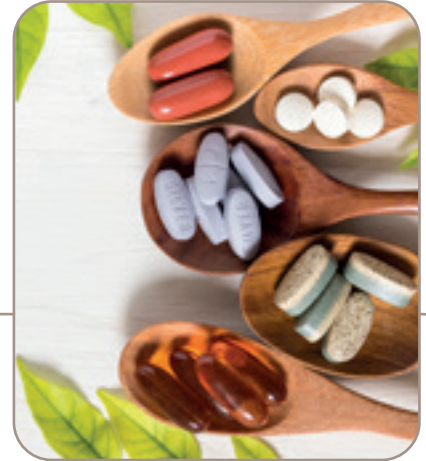
B12

Vital for our metabolism can be found in some fortified foods like non-dairy milk, breakfast cereal, nutritional yeast or supplements.



Iodine

Helps to regulate our hormones and thyroid function and is harder to consume in our diet. It is found in very few plant milks fortified with potassium iodine. Check the nutritional information at the back of the carton to find out.



Vitamin D

Needed for our bones, muscles and immune system can only be achieved through supplementation.



Selenium

Can be consumed through eating 2-3 brazil nuts a day. Selenium is an essential component of various enzymes which help to protect against cell damage and infections.

