

# GOOD HEALTH



# ARE YOU IN THE RUNNING?

Heart disease, cancer and stroke  
account for two-thirds of all deaths in Britain





## GO VEGAN AND GET ON THE ROAD TO GOOD HEALTH

### **World Health Organisation recommendations:**

Reduce consumption of preserved and red meat.  
Increase fibre and potassium intake from fruit, vegetables and whole grains.  
Cut saturated fat intake (mostly from milk and meat) from the current UK average of about 14% to less than 10% by reducing consumption of fat from dairy and meat.  
Include healthful fats, such as flaxseed or hempseed oil.

### **Which foods are high in saturated fat and cholesterol, and have no fibre?**

Dairy products alone provide a third of the saturated fat intake in the UK. Meat fat, particularly beef, is also highly saturated. Eggs are the most concentrated source of cholesterol. Only plant foods provide fibre.

### **Do animal foods carry any other risks?**

Yes. They are responsible for 90% of all cases of food poisoning. BSE has led to over a hundred human deaths already. It is purely a matter of luck that it hasn't led to millions of deaths.

### **But don't we need animal foods for protein?**

No. We can easily meet all our protein needs from plants, particularly beans, vegetables, nuts and grains.

### **What about calcium and iron?**

Calcium is found in many plant foods, but particularly in green vegetables which also provide bone-protecting potassium and vitamin K. A diet based on whole plant foods is rich in potassium, reducing losses of calcium from bone.

Adequate amounts of iron are found in most plant foods and its absorption is boosted by healthy levels of vitamin C from fruit and vegetables.

### **What about vitamin B12?**

All vitamin B12 comes from bacteria. Vegans taking adequate amounts of B12 are less likely to suffer from B12 deficiency than elderly meat eaters, who often lose the ability to absorb B12 from meat. To promote optimal health, in our modern sanitised world it is important to get at least three micrograms of B12 per day from fortified foods or supplements.

### **Can one live on a plant diet alone?**

Yes. All the nutrients we need can be obtained from cereals, beans and peas, nuts and seeds, fruit and vegetables and fortified foods. Vegan diets are used by athletes in training with notable success.

For further information on the vegan diet visit [www.vegansociety.com](http://www.vegansociety.com)

or send an A5 SAE to The Vegan Society, Donald Watson House,

7 Battle Road, St.Leonards-on-Sea, East Sussex TN37 7AA Tel: 0845 45 88244

