



MICHELLE DWYER
Health Coach & Nutrition Consultant

***Thank you so much for attending my talk on
“Nutrition Support for All Vegans”
at the 2013 World Veg Fest in San Francisco.***

Wow! You all brought up so amazing questions and topics. I felt truly honored to be speaking to you all.

Attached here you will find much of the material I discussed yesterday as well as the vegan snacks suggestions and recipes I passed out.

Please keep in touch via:

Facebook: www.facebook.com/HealthCoachMichelle

Twitter: [@michelledwyer](https://twitter.com/michelledwyer)

Follow my blog: www.HealthCoachMichelle.com

Email: michelle@healthcoachmichelle.com

Phone: 510-919-4921

Lastly, if you are interested in a free health history consultation, please contact me today. It is a great opportunity to see what it is like to work with a health coach and nutrition consultant.

My office is in Oakland but I also meet via phone or Skype.

Book directly at healthcoachmichelle.genbook.com

Sources of Nutrition for Vegan and Plant-based Diets

Nutrient	Vegan Sources	Notes/Comments
PROTEIN	legumes (beans and lentils), whole grains, quinoa, nuts and seeds & their butters, soy (edamame, tempeh, tofu), quality protein powder	<ul style="list-style-type: none"> For protein powder, suggest organic hemp, pea or brown rice protein. Avoid anything with soy protein isolate or added sugar. How much protein do you need? Minimum, take your body weight and multiply by .36. Need more or child, pregnant, older, athlete? Multiply by .8 instead.
ESSENTIAL FATTY ACIDS	flaxseed or oil, walnut or oil, soy, chia seed/oil, pumpkin seed/oil For vegan supplement, suggest Nordic Naturals Algae Omega	<ul style="list-style-type: none"> Deficiency can contribute to a number of health problems including behavior disturbances, hair and scalp problems, heart and circulatory problems, inflammatory response, poor wound healing, problems with immune functioning & skin disorders
CALCIUM	dark leafy greens , calcium-set tofu, sesame seeds, almonds, dried beans, figs, black strap molasses and other nuts/seeds, fortified foods	<ul style="list-style-type: none"> Most adults need about 800-1,000 mg/day If taking as a supplement, need to take with magnesium and vitamin D for best absorption. If you take it at night, can be helpful for easing sleep.
VIT. D	sunlight; supplementation sometimes recommended (see notes)	<ul style="list-style-type: none"> Needed for calcium absorption, regulates bone formation & supports immune system Vegans should note that while D2 is derived from plant sources, most D3 is derived from sheep's lanolin; however, vegan D3 is available from Nordic Naturals and Vibrant Nutraceuticals
IRON	green leafy vegetables, brewer's yeast, dried beans, blackstrap molasses, dried fruits like apricots and raisins, almonds, mangoes, fortified soy products, fortified cereals, and enriched grains	<ul style="list-style-type: none"> Symptoms of iron deficiency: apathy, fatigue, lowered immune functioning, and possibly learning disabilities like ADD More easily absorbed with vitamin C Because of the lower bioavailability of iron from a vegan diet (non-heme), the recommended iron intakes for vegans are 1.8 times those of nonvegetarians
ZINC	lentils, beans, pumpkins seeds, sesame seeds, Brazil nuts, sunflower seeds, fermented soy (like miso or tempeh), cocoa	<ul style="list-style-type: none"> Men might want to consider supplementing if they are planning to start a family—zinc very important to male fertility. Also important for cell replication and growth, immune functioning & wound healing
VIT. B12	Supplementation highly recommend for vegans, if not from fortified foods	<ul style="list-style-type: none"> Deficiency can show up as pernicious anemia and impaired nerve and mental function (confusion, forgetfulness, dementia-like symptoms) Deficiency sometimes masked by high folate intake. As we get older, we produce less hydrochloric acid which is key in releasing intrinsic factor necessary for absorbing B12. If you take a PPI, consider taking B12.

8 Nutrient-Rich Vegan Snacks

Snack item	Nutritional Benefits	Helpful Hints
Nuts or seeds like almonds, walnuts, sunflower seeds or pumpkin seeds—raw & unsalted <i>(1/4 cup = 1 serving)</i>	<i>Good source of protein & healthy fats; also good sources of fiber, calcium, magnesium, manganese, zinc, folate, vitamin E, & B vitamins; varies depending on nut/seed.</i>	Remember that 1/4 cup is a serving size, so enjoy but do not over-indulge. Many people find nuts and seeds easier to eat and digest if they have been soaked or sprouted first.
Hummus and veggies (carrots, celery, red bell pepper, broccoli, radish or pea pods)	<i>Fiber, phytonutrients, & vitamin C. Carrots are also a great source of vitamin A, K, biotin and fiber. Celery is a good source of potassium, and vitamins B6 & B1.</i>	These are easy to pack ahead of time and make for a yummy, crunchy snack.
Almond butter and whole grain crackers (or gluten free crackers) or whole grain pita <i>(2 T. almond butter & about 10 crackers/1 pita)</i>	<i>For benefits of almond butter, see nuts/seeds above. Whole grain crackers are higher in fiber & other minerals than crackers made with enriched flour.</i>	Look for crackers without a lot of additives and ingredients; simple is best.
Whole grain tortilla and avocado and salsa	<i>Avocados are good sources of fiber, vitamin C, E, K, folate & potassium. Tomatoes are great sources of vitamin C, biotin vitamin K, carotene & lycopene.</i>	Use about a ½ avocado in a serving. For the other half, leave the pit in the fruit and place in the refrigerator in a sealed container—it will keep for the next day.
Fruits like apples, oranges, berries, plums, pears, cherries or strawberries	<i>Good amounts of antioxidants, fiber, phytonutrients, vitamin C; amounts vary depending on the fruit</i>	It sounds so simple but fruits with a high fiber count can be quite filling and refreshing as a snack.
Edamame	<i>High in protein and low in fat; good source of fiber, thiamin, iron, magnesium, phosphorus and copper, vitamin K, folate & manganese.</i>	You can get shelled edamame in the frozen food section of most stores. Add soy sauce, tamari or Bragg's if you want some flavor. If you have thyroid issues, may want to avoid soy products.
Roasted seaweed	<i>Good source of vitamins A and C.</i>	This delicious snack is a great way to add sea vegetables to your diet.
Baked kale	<i>Good source of vitamin A, vitamin C, calcium, and potassium.</i>	Great for if you want something crunchy and savory with the benefits of kale.

Vegan Spinach Artichoke Dip

Ingredients:

- 1/2 yellow onion, diced (or shallots)
- 1 (12 ounce) packages frozen chopped spinach (thawed, drained and squeezed dry) or fresh spinach
- 1 (14 oz.) can artichoke hearts
- 1 tablespoon olive oil
- 1 (12 ounce) packages firm silken tofu
- 1/2 cup nutritional yeast flakes
- 3 garlic cloves
- 2 -3 tablespoons apple cider vinegar (or lemon juice)
- 1 teaspoon dried basil (or fresh)
- 1 teaspoon dried parsley (or fresh)
- 1/4 teaspoon cayenne pepper or red pepper flakes
- 1 teaspoon sea salt
- 1/2 teaspoon black pepper

Directions:

1. Preheat oven to 350°F.
2. Sauté onion, spinach and artichoke hearts in olive oil until onion is soft, about 6 minutes.
3. Blend together tofu, nutritional yeast, garlic, vinegar and spices in blender or food processor until mixed and smooth.
4. Combine all ingredients in oven safe dish and bake for 15-20 minutes, or until lightly browned on top.
5. Serve warm with bread, tortilla chips or veggie sticks. *Enjoy!*



How to make your own . . .

Almond Milk

It's easy!

Ingredients:

- 1 cup raw almonds
- water for soaking nuts
- 3-4 cups water
- 2 dates (optional)
- 1/2 tsp. vanilla (optional)

Preparation:

1. Soak the almonds in water overnight or for at least 6 hours.
2. Drain the water from the almonds and discard.
3. Blend the 3-4 cups of water, almonds and dates (optional) until well blended and almost smooth. More water will make for a thinner milk.
4. Strain the blended almond mixture using a cheesecloth, strainer or nut milk bag.
5. Homemade raw almond milk will keep well in the refrigerator for 3-4 days.

