

# Vegan Guide

## What does vegan mean?

Vegan is a type of diet that involves not consuming animal products or by-products.

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## Where are animal products and by-products found?

Animal products are any food item that comes directly from, or is derived from an animal. Animal products include **fish, poultry, and meat**. Animal by-products include animal **fats, gelatin, dairy, honey, and eggs**.

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## What foods are vegan?

Many foods are vegan naturally, like **vegetables** and **fruits, beans, seeds** and **nuts**.



Did you know that Canada's Food Guide encourages choosing protein foods that come from plants more often? Plant-based proteins can provide more fibre and less saturated fat than other types of protein foods.

## Following a vegan diet

Follow Canada's Food Guide to make sure your diet is well-balanced and includes:

- **Iron:** People who follow a vegan diet need twice as much dietary iron. Good sources of iron include vegetables and dried peas/lentils.
- **Protein:** Vegan protein sources include soy, nuts, seeds, beans, grains and meat alternatives etc.
- **Calcium:** Good calcium sources include almonds, tahini and fortified soy.

Other important nutrients to consider in a vegan diet are **vitamin B12, vitamin D, zinc** and **omega-3** fats.

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## Cross-contamination

Vegan products must not come into contact with non-vegan foods during **storage, preparation, or cooking**.

Cross-contamination is the transfer of a ingredient from one food product to another. If vegan foods are not **stored safely** from non-vegan foods, the food can become contaminated with animal product



Well balanced vegan diets tend to be high in fibre, vitamins, and antioxidants!

For more information on the vegan diet, nutrients, and recipes, visit [UnlockFood.ca](https://unlockfood.ca)