

Vegan diet

Dietitians Association of Australia Nutrition Manual 2014 Excerpt

This sample meal plan outlines a nutritionally adequate vegan diet. A vitamin B12 supplement will be required if fortified foods are not consumed. It is assumed that commercial bread with iodised salt is eaten. Individuals should be counselled about the importance of adequate iodine intake.

Sample meal plan

Food	Amount	Frequency
Breakfast		
Fruit salad, from canned fruit, juice, drained	75 g	
Cereal, Weetbix, plain	2 weetbix	
Soy beverage, low fat/no fat (< 0.5%), unflavoured, added calcium	200 mL	
Bread, from rye flour, dark	40 g	
Margarine, other brands, polyunsaturated, regular fat, reduced salt	5 g	
Baked beans, plain, regular	80 g	
Tea, black, regular	180 mL	
Soy beverage, low fat/no fat (< 0.5%), unflavoured, added calcium	30 mL	
Morning tea		
Nuts, mixed, with dried fruit, with seeds	40 g	
Coffee, instant coffee made up, caffeinated	180 mL	
Soy beverage, low fat/no fat (< 0.5%), unflavoured, added calcium	30 mL	

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Food	Amount	Frequency
Lunch		
Tofu, firm, plain, baked	170 g	2 W
Beans, 4 bean mix, from dried, cooked	150 g	3 W
Lentils, brown, dried, cooked	150 g	2 W
Gravy, made from gravy powder, lite	40 g	
Broccoli, boiled	75 g	
Pumpkin, microwaved	75 g	
Oil, olive, extra virgin	7 g	
Vegetable mix, cooked (from frozen), peas & corn & other	75 g	
Rice, brown, boiled without added salt	0.5 cup	
Fruit salad, from fresh fruit	150 g	
Water, tap	1 cup	
Afternoon tea		
Fruit salad, from fresh fruit	75 g	
Tea, black, regular	180 mL	
Soy beverage, low fat/no fat (<0.5%), unflavoured, added calcium	30 mL	
Dinner		
Soup, minestrone, from basic ingredients	180 mL	
Tofu, firm, plain, baked	170 g	2 W
Beans, 4 bean mix, from dried, cooked	150 g	3 W
Lentils, brown, dried, cooked	150 g	2 W
Bread, from rye flour, dark	40 g	
Margarine, other brands, canola based, regular fat, reduced salt	5 g	
Salad greens, mixed leaves	75 g	
Tomato, raw	20 g	
Carrot, regular, raw	20 g	
Cucumber, fresh	20 g	
Capsicum, red, raw	20 g	
Soy yoghurt, low fat (<1%), vanilla flavoured	200 mL	
Water, tap	1 cup	
Supper		
Soy beverage, low fat/no fat (<0.5%), unflavoured, added calcium	200 mL	
Cocoa, dry powder	2 tsp	
Bread, fruit, regular, plain, fresh	20 g	

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Nutrition analysis

Nutrient	Avg/day
Weight (g)	3348.03
EnergyDF (kJ)	8328.15
EnergyDF (Cals)	1989.53
EnergySE (kJ)	8321.96
Protein (g)	102.71
Total fat (g)	53.25
Saturated fat (g)	9.31
Polyunsaturated fat (g)	18.78
Monounsaturated fat (g)	20.72
Cholesterol (mg)	16.69
Carbohydrate-available (g)	248.16
CarbohydrateSE (g)	240.08
Sugars (g)	85.85
Starch (g)	154.23
Water (g)	2840.78
Alcohol (g)	0.00
Dietary fibre (g)	65.51
Thiamin (mg)	3.00
Riboflavin (mg)	2.39
Niacin equivalents (mg)	42.37
Vitamin C (mg)	143.75
Vitamin D (µg)	2.08
Vitamin E (mg)	11.63
Total folate (µg)	674.69
Folic acid (µg)	137.20
Folate food (µg)	557.48
Folate, total DFE (µg)	766.62
Total vitamin A equivalents (µg)	939.59
Retinol (µg)	123.35
Beta carotene equivalents (µg)	4970.11
Sodium (mg)	2398.95
Sodium (mmol)	104.32
Potassium (mg)	5258.59
Potassium (mmol)	134.50
Magnesium (mg)	717.28
Calcium (mg)	1673.59
Phosphorus (mg)	2257.05

Iron (mg)	27.78
Zinc (mg)	16.64
Iodine (µg)	112.35
Kj from protein (%)	20.98%
Kj from fat (%)	23.68%
Kj from saturated fat (%)	4.14%
Kj from carbohydrate (%)	49.04%
Kj from alcohol (%)	0.00%
Kj from others (%)	0.00%
Fat as mono (%)	42.46%
Fat as poly (%)	38.47%
Fat as saturated (%)	19.07%
F18D2N6 linoleic (g)	17.25
F18D3N3 linolenic (ALA) (g)	1.95