

Space Sheep & Astro Pig talk about nutrition / Vegetarian Society.

Contributors

Vegetarian Society (U.K.)

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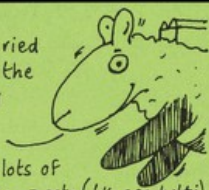
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We all need to have a balanced and varied diet. It is best to eat food from each of the following groups every day - but don't worry if you miss out on some now and then!



1. Cereals - Wheat (in wholemeal bread and lots of breakfast cereals), rice, oats, millet, rye, etc, pasta (like spaghetti)
2. Pulses, nuts, seeds, beans, lentils, almonds, etc
3. Dried fruit - apricots, peaches, etc.
4. Fresh fruit.
5. Salads and vegetables - especially dark green leafy vegetables and orange vegetables like carrots and tomatoes.
6. Soya products - tofu, soya milk, flour, TVP, etc.
7. Oils and vegetable fats.
8. Potatoes - to alternate with cereals.
9. Yeast extracts (like marmite - you can buy these in health food shops)




So you can see, vegetarians get all the nutrients they need from their food, without having to eat any dead animals!



If you need any help or information write to: The Vegetarian Society, Parkdale, Dunham Rd, Altrincham, Cheshire, WA14 4QG.
Or if you want to become a junior member send off the coupon below - today!

I would like to join the Vegetarian Society and enclose £4.00 membership. I am under 18.
(Cheques/p.o.s payable to The Vegetarian Society)

Name _____ Date of Birth _____
Address _____
Postcode _____

Look out for our  symbol on food. It means it's suitable for vegetarians.

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Space Sheep & Astro Pig

TALK ABOUT

NUTRITION

Some people may tell you that it is not healthy to become a vegetarian and you will become weak and skinny, but this is not true.



In fact, you can become healthier on a vegetarian diet. A healthy diet means a daily supply of dietary fibre, protein, carbohydrates, fats, vitamins and minerals.

Let's look where you can get your nutrients:



PROTEIN
is found in...

PULSES	GRAINS	NUTS & SEEDS	DAIRY PRODUCTS
Lentils	Flour & bread	Sunflower seeds	Cheese
Beans	Bran, oatmeal	Pumpkin seeds	Eggs (Free-range)
Peas	Porridge oats	Peanuts	Milk
Chick peas	Rice	Almonds	Yoghurts
Soya beans	Pasta		Cottage cheese
Soya milk	Millet		

Vegetarians can get lots of calcium and iron in their food... LOOK! →



CALCIUM	IRON
Fortified Soya Milk / Cow's Milk Cheese Yoghurts Free-range eggs Leafy green vegetables Whole wheat bread Tahini and Sesame seeds Almonds Fortified Flours Beans	Baked beans Wholewheat bread Dried fruit Cocoa Pulses, millet, nuts Molasses Leafy green vegetables Brewers and bakers yeast Pumpkin Seeds

And here are some of the foods where you can find the vitamins you need!



Vit A	B1	B2	B3	B6	B12	Folic Acid	Vit C	Vit D	Vit E	Vit K
Carrots	Yeast extract	Almonds	Yeast extract	Bran	Eggs	Yeast extract	Oranges	Eggs	Vegetable oils	Green Veg.
Spinach	Brazil Nuts	Cheese	Peanuts	Wholewheat flour	Cheese	Bran	Grapefruit	Cheese	Wheatgerm	
Parsley		Wholewheat bread	Wholewheat bread	Yeast extract	Yeast extract	Spinach	Broccoli	Butter	Hazelnuts	
Butter	Peanuts	Dried Peaches	Mushrooms	Hazelnuts	Milk	Broccoli	Spinach	Margarine	Almonds	can be made by bacteria in the gut
Margarine	Rice Bran		Broadbeans	Bananas	Yoghurt	Peanuts	Cabbage		Avocado	
Watercress	Oatmeal	Mushrooms	Dates	Peanuts	Butter	Almonds	Black-currants	Sunlight enables the body to make Vit. D in the skin		
Dried Apricots	Flour	Broadbeans	Rice	Currants	Sosmix	Hazelnuts	Parsley			
Cheese	Wholewheat bread	Dates	Sesame Seeds				Strawberries			
	Peas	Millet					Green Pepper			
	Sunflower Seeds	Avocado								