

# Vitamins

If you have food variety – meaning you consume different fruits, vegetables, grains, and seeds – avoid animal products consumption which is the most destructive addiction (also smoking, drinking alcohol and using drugs), keep your mind pure and peaceful free from any kind of violence, drink at least 8 cups of water a day, and exercise (especially with weights) you will have no shortcomings. In order to be a vegetarian or a vegan, you do not need a nutritional table or a scale to measure the amount of proteins, vitamins and calories, the same way most meat eater do not need a scale. In general, you will know what, when and how much to eat when you become acquainted with your body. I have been a vegetarian from a young age and have never needed to see a nutritional expert or to measure my food.

**Vitamin B12:** reinforces red blood cells and the nervous system, and helps in fighting depression. In general all vitamins affect mental health. The human body needs a very small amount of it daily, only about two micro grams. **You should pay attention to the fact that these amounts are approximate and may change according to body types and amount of absorption.** This vitamin is a kind of bacteria that is produced in the mouth and intestines and is stored in the body. Nutritional yeast is a good source of Vitamin B12. This vitamin is abundant in mother's milk and is stored in the baby's body and can even secure her/his needs for twenty years. It takes about fifteen years for its deficiency to become evident. Its rate of absorption is reduced as the age goes up, both in meat eaters and vegetarians.

**Why does meat have a high amount of vitamin B12?** This bacteria or vitamin B12 is available in the soil and the animal takes a large amount of it by eating dirty vegetables. It can be said that meat is an unsanitary product because it has a lot of vitamin B12. If the vegan diet does not have a lot of vitamin B12 it does not mean it is a weak diet, but that nowadays foods are too sanitary and there are not enough bacteria or vitamin B12 in them. If you pull a plant out of the ground and eat it without washing it, you will find a lot of vitamin B12 in it. This vitamin is found in grains, vegan drinks and foods that are fortified and have vitamin B12 added to them. Those who are against the vegan diet claim that vegans have vitamin B12 deficiency. There are many omnivores who face many kinds of vitamin deficiencies but no one objects to omnivorism! When we look into this matter more closely, we realize that omnivores are more susceptible to vitamin B12 deficiency because they consume animal products and these products contain antibiotics which will harm the bacteria inside their bodies.

**Vitamin D:** Its deficiency can cause bone problems and muscle weakness. Women need about 400 IU (international unit) and men need about 200 IU daily. The If you are under the sun sufficiently every day your need will be secured. If not, you can eat foods like herbal oils, rice, and sweet potatoes.

**Calcium:** is very beneficial for bone health, strong muscles, and healthy nerves, and its deficiency can cause osteoporosis. About 1,000 milligrams of calcium are needed daily. Calcium is abundant in dry foods especially figs, citrus fruits such as oranges, cooked grains such as beans and soybeans, vegetables with dark green leaves such as broccoli and kale (a type of chard), and seeds such as almonds and sesame seeds. As I mentioned earlier herbal calcium is absorbed to the body better than

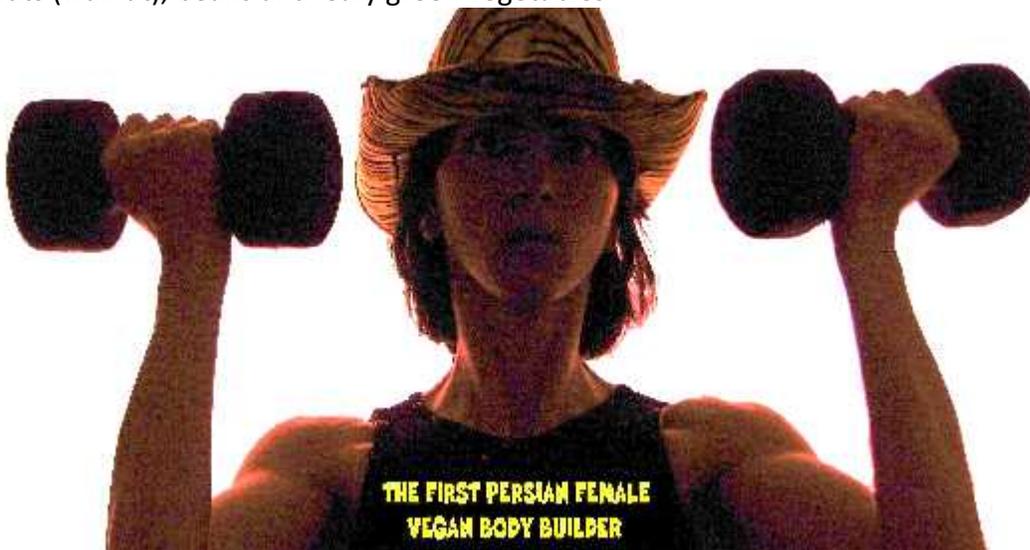
animal calcium.

**Iron:** is a necessary and vital substance for red blood cells and is involved in producing and freeing up energy in body. Women need about 15 milligrams and men about 10 milligrams of it daily. It is abundant in dark greens like spinach and cauliflower, soy drink, dry fruits like apricots and raisins, grains, and seeds like sunflower seeds. Avoid drinking tea and coffee while eating foods that have Iron because it prevents it from getting absorbed. Instead use drinks that have a lot of vitamin C like orange juice, as they help with the absorption of Iron.

**Protein:** makes up a basic part of living cells, is used for producing hormones and enzymes, repairing tissue, and producing energy. The minimum daily amount needed for Women is about 50 milligrams and for men is about 63 milligrams. The needed amount depends on the individual body and personal level of activity. Proteins are found in soybeans, brown rice, grains like lentils and black beans, vegetables like kale, pure wheat, barley, and seeds.

**Herbal proteins have many benefits for the human body because they have fiber, carbohydrates, and vital oils. Eating animal proteins have many harms for the body and can cause kidney stones, cancers such as liver and colon cancer, and osteoporosis, because it washes the body's calcium away.** Now we understand why osteoporosis is common in seemingly civilized countries, even with the consumption of different vitamin pills, meat, milk, and eggs.

**Omega3 fatty acids:** Play important role in brain fuction and could help reduce heart disease. **Many people think that fish is the only source for the omega3 acid!** The vegan sources of omega3 fatty acids are flaxseeds (best source, about one tablespoon a day), nuts (walnut), beans and leafy green vegetables.



# The Vegan Food Pyramid

Vegetable Oils and Fats  
Some sweets, salt, spices, Nuts.

Use Sparingly

Fortified Dairy Substitutes  
2-3 Servings

Eat Moderately

Legumes, Seeds  
Beans Group  
2-3 Servings

Eat Moderately

Whole Grains, Bread  
Rice and Pasta, Cereal Group  
6-11 Servings

Eat Generously

[VeganFoodPyramid.com](http://VeganFoodPyramid.com)

The Veggie Group  
3-5 Servings

Eat Liberally

The Fruit Group  
2-4 Servings

Eat Liberally

## Water

8-10 Glasses a day. If you are active, drink more!

