



EATING VEGAN

in Kimball

EATING VEGAN IN KIMBALL

Getting Adequate Nutrition

The key to a healthy vegan diet – like any diet – is to enjoy a variety of foods. The more restrictive a diet is, the more challenging it is to get all the nutrients you need. A vegan diet eliminates common food sources of Vitamin B-12, as well as milk sources which is high in calcium and Vitamin D. As a vegan, you may need to make an extra effort to get in all the nutrients that you need. There are four food groups that make up a healthy vegan diet, legumes, nuts/seeds (in Kimball we have four types of seeds to replace nuts), grains, vegetables, and fruit. Here is a list of vitamins, minerals and macronutrients that must be replaced in a vegan diet and here are ways to consume those nutrients in Kimball hall. Below are standard options available every day in Kimball.

Calcium

Helps build and maintain strong teeth and bones and is essential for our heart to beat. Healthy adults should consume about 1,000 mg of calcium per day.

- Spinach, ½ cup cooked, 120 mg
- Broccoli, 1 cup, 45 mg
- Sunflower Seeds, 3 oz. 78 mg
- Black Beans, 1 cup, 294 mg
- Sunbutter, 3 oz., 83 mg
- Soy Yogurt, 1 cup, 309 mg
- Soy Milk, 1 cup, 300 mg
- Tofu, ½ cup, 434 mg

Vitamin D

One of the main sources of Vitamin D is through the UV rays from the sun. You can also get vitamin D through your diet but it is much harder than you think. Even non vegans have a hard time getting adequate vitamin D in their diet. For vegans, one good source is soy milk which provides 30% of Vitamin D for the day in just one cup! In Kimball, the soy milk is located in the mini fridge that is kept under the cow's milk.

Iron

Its main purpose is to carry oxygen in the hemoglobin of red blood cells throughout the body so cells can produce energy. On average, a healthy adult male should consume 8 mg iron per day and women should consume 18 mg of iron per day. The iron found in plant sources is non-heme which isn't absorbed the same as heme iron that is found in animal sources. Therefore, vegans should up their intake of Iron to ensure they are getting an adequate amount but still under the upper limit of 45 mg/day. Also, some foods may prevent the absorption of iron such as coffee and black and green tea. Below are sources of non-heme iron that is available in Kimball every day.

- **Beans & Peas:**
 - Black, 1 cup, 16 mg
 - Kidney, 1 cup, 15 mg
 - Edamame, 1 cup, 3.5 mg
 - Lentils, 1 cup, 6.6 mg
 - Chickpeas, ½ cup, 12.5 mg
- **Foods high in Vitamin C to help absorb the iron. On average, someone should have about 80 mg of Vitamin C per day:**
 - Green Bell Pepper, 1 cup, 120 mg
 - Broccoli, 1 cup, 130 mg
 - Strawberries, 1 cup, 85 mg
 - Pineapple, 1 cup, 78 mg
 - Mango, 1 cup, 122 mg

Omega 3 Fatty Acids

Omega's are important for our heart, eyes, and brain development. Vegan diets don't include fish and eggs and are generally low in Omega-3s. Plant sources of Omega 3 are much less efficient in the body as opposed to fish. Aim to consume 2-4 grams of Omega 3s per day. Flaxseed, Hempseed, Tofu, Canola and Green veggies are also a source of Omega 3 (ALA that converts DHA to EPA). In Kimball, we have flaxseed and hemp seed on the salad bar and tofu at stir fry. We also use canola oil in our cooking and have a variety of green veggies on the salad bar. It is somewhat easy for Vegans to get an adequate amount of Omega 6 fatty acids. Some sources of Omega 6 are flax, hemp, chia, olive oil, avocados, coconut oil, and pumpkin. However, it is very important for not just vegans, but everyone, to balance omega 3 and omega 6 fatty acids. Omega 3 fatty acids (EPA) are mainly found in fish and fish oils.

- **Seeds:**
 - Flaxseed, 2 TBS, 3.8 mg ALA (omega 3)
 - Chia Seeds 1 tsp, 720 mg
 - Hemp Seeds 1 oz, 2.5 gram ALA (highest source of Omegas)
- Canola Oil, 1 TBS, 1.6 mg ALA
- Tofu, ½ cup, 0.7 mg ALA

Protein

Protein is so important for our bodies. It helps maintain healthy skin, bones, muscles, and organs. You can meet all of your protein needs through plant based proteins. This would include all legumes, lentils, seeds, whole grains, vegetables and tofu. There is no need to worry about what is a complete protein and what isn't as long as you consume a variety of foods each day. If you are wondering on average how much protein you need, you can ask the Dietitian or you can calculate: your weight in pounds x 0.36 (a 150 lb. adult would want to consume about 54 g per day).

- Tofu: ½ cup, 10 g protein
- Black beans: 1 cup, 39 grams
- Lentils: 1 cup, 18 grams
- Sunbutter: 2 TBS, 7 grams
- Chia Seeds: 3.5 oz, 16.5 grams

Vitamin B12

This vitamin is necessary to produce red blood cells and prevent anemia. B12 is found exclusively in animal products and by products, although, there is some B12 in soy products such as Tofu. Although we don't need much of it, vegans should consider having products that are fortified in B12. Vegan diets are rich in folate which can mask a B12 deficiency until it becomes severe. Aim for 2.4 mcg/day.

- Silk Soymilk: 1 Cup, 3 mcg
- Nutritional Yeast (Red Star):
1.5 TBS offers 130% of Recommended B12 intake.

*If you have any questions or want more information
about being a vegan at Holy Cross, please contact*

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Sources:

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<https://www.internationalvegan.org/nutrition/#vitamind>



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