
Vegetarians do not eat meat, fish or poultry.

Vegans abstain from eating or using all animal products, including dairy products, eggs, wool, and leather.

Vegetarian diets tend to be high in fibre, low in saturated fat, and high in essential fatty acids & antioxidants. Compared to people who consume meat, Western vegetarians have a lower mean body mass index (BMI), lower blood cholesterol levels and reduced risk for constipation, diverticular disease, gallstones and appendicitis.

Exclusion of animal products requires careful food selection to ensure nutritional adequacy. Plant sources of protein in the vegetarian diet include legumes, nuts and dairy products. However, it is important to consume complementary protein mixtures to overcome possible amino acid deficiencies. Examples include:

- Soybeans or lentils with rice
- Peas with pasta
- Beans with corn

Vegans can achieve a better balance of polyunsaturated fatty acids (PUFAs) in their body tissues by using less sunflower, safflower and corn oils linoleic acid (**omega-6**) and more oils containing alpha-linolenic acid (**omega-3**) such as canola, soybean, flaxseed and walnut oils.

DIETARY SUGGESTIONS

1. Good iron sources are legumes, green leafy vegetables, whole grains and dried fruit. To increase the amount of iron absorbed, consume iron containing foods with vitamin C, such as citrus fruit or juices.
 2. Good calcium sources include dairy or soy products, tofu, almonds, sardines green leafy vegetables and fortified products, including some cereals.
 3. Vegans who do not consume dairy products, eggs or fortified foods regularly, may need to take a vitamin B12 supplement to prevent deficiency.
 4. Suggested dairy substitutes include soy milk/cheese, margarine or yogurt, or rice milk.
 5. Suggested meat substitutes include tofu or tempeh and legumes.
 6. Eat a wide variety of foods to ensure nutritional adequacy from various sources.
 7. Monitor zinc, vitamin B12 and folate levels on a regular basis
 8. See a qualified holistic health professional trained in nutritional and environmental (integrative) medicine who can comprehensively develop an individualised, strategic healthy eating plan suitable for people wishing to explore either a vegetarian or vegan diet
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Vegetarian / Vegan



Freedom Foods

The Functional Food Company

Unit 11A - 56 Keys Road
CHELTENHAM VIC 3192
Phone: (03) 9553 5155
Fax: (03) 9553 5133
Freecall: 1800 646 231
Email: info@freedomfoods.com.au
Website: www.freedomfoods.com.au

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VEGETARIAN / VEGAN PRODUCTS

- ▼ Vegan products
- # Contain functional ingredients

Fruit Cookies - 97% Fat Free, Low GI

- #▼ Apricot Temptation (GI - 47)
- #▼ Spicy Apple Sensation (GI - 47)
- #▼ Blueberry Bliss (GI - 47)
- #▼ Sticky Date (GI - 47)
- #▼ Zesty Ginger (GI - 47)

Gluten/Wheat Free Biscuits

- # Sultana Splitz
- # Chocolate Blitz (Lactose Free)
- # Chocolate Dream
- # Crunchy Coconut
- Florentines
- Caramel Crunch
- Triple Choc Bites

Fruit spreads – Low GI

Gluten Free, Wheat Free

- ▼ Apricot (GI - 29)
- ▼ Raspberry (GI - 26)
- ▼ Strawberry (GI - 29)
- ▼ Marmalade (GI - 27)

Slices/Bars - Gluten Free, Wheat Free

- # Strawberry Multipack (97% fat free)
– **Medium GI (58)**
- # Choc Chip Multi pack

Nutritious Snack Bars:

Gluten Free, Wheat Free, Low Carb, High Fibre

- Yoghurt Coated Almond & Apricot
- Almond & Apricot
- Macadamia & Pineapple
- Simply Nuts

Breakfast Bar

- ▼# Hi-Lite Breakfast Bar (GI - 53)
- ▼# Gluten free, Muesli Breakfast Bar (GI - 50)
- ▼# Super Berry Breakfast Bar – **Medium GI (57)**

Snacks - Gluten/Wheat Free

- ▼ Baked Corn Chips - Dairy, Nut & Egg Free
 - Plain
 - Corn Chips, fried
 - Plain
 - Cheese
- ▼ Chick Pea Chips (GI - 44)
- ▼ Potato Chips
- ▼ Crackers
- Snack Bread – *Dry Crackers*

Snack Pack:

Gluten/Wheat Free, Dairy, Nut Egg Free

- Hommus Dips & Crackers
- Spinach & Garlic Dips & Crackers

Breakfast Cereals

- ▼# Hi-Lite enriched with vitamin C, iron & folate
- (GI 54)
- ▼ Yeast Free / Wheat free Muesli (GI - 44)
- ▼# Gluten Free, Wheat Free Muesli (GI - 50)
- ▼# Rice Flakes with Psyllium, gluten free
- ▼# Rice Puffs with Psyllium, gluten free
- ▼# Corn Flakes with Psyllium, gluten free
- ▼# Ultra Rice with Psyllium, gluten free
- ▼ Porridge *Quick Oats* (GI - 50)

Confectionery – Low GI

Gluten Free, Wheat Free

Fruit strips enriched with a vitamin & mineral blend

- ▼# Apple & Apricot (GI - 29)
- ▼# Pear & Peach (GI - 29)
- ▼# Apple & Plum (GI - 29)

Break Bar – Gluten/Wheat Free

Spreads - Gluten Free, Wheat Free

- ▼# Vege Spread
- ▼ Soy Butter

Pastas – Low GI

Gluten Free, Wheat Free

- ▼# Enriched Spaghetti (GI - 51)
- ▼# Enriched Rice (GI - 51)

Sauces - Gluten Free, Wheat Free

- ▼ Tomato Pasta Sauce

Bakery - Gluten Free, Wheat Free

- All-Purpose Flour
- # Pancake Shake - **Medium GI (61)**
- Custard Shake
- # Corn Fritter (GI - 34)

Beverages

Organic grape juices

- ▼ Black Muscatel
- ▼ Shiraz
- ▼ White Muscatel

Cookbook (RRR \$24.95)

Low Allergenic Fragrant Free Body Range

- ▶ Natural shampoo & conditioner
- ▶ Crystal deodorant stick
- ▶ Crystal deodorant spray
- ▶ Crystal roll on deodorant
- ▶ Aluminum free roll-on Deodorant.
- ▶ Body soap

Avoid any of these Freedom Food Products if a known allergy exists.

Glycemic Index (GI) is a ranking of carbohydrate according to their effect on blood glucose levels. The GI has been tested by the International Diabetes Institute using approved methodology.

Low GI ≤ 55

Medium GI = 56 - 69

High GI ≥ 70

The Freedom Foods cookbook (RRP \$24.95) provides an interesting variety of dishes that makes it easier to cope with the restrictions of Vegetarian / Vegan diets. Visit Freedom Foods website www.freedomfoods.com.au or free-call 1800646231 for further information