



The Choice is Yours





Our changing relationship with food

Why are so many of us reconsidering what we eat?



Protecting our environment, or concern for animal welfare?

A new focus on health, or our household budgets?

Whatever our personal reasons, many of us are changing our eating habits, and in particular choosing to reduce or give up animal or animal-derived products.

It's all about choice

Vegetarian, vegan, pescatarian, flexitarian, fruitarian...

There are lots of terms to describe these approaches to diet and eating, but at Lifeplus we like to talk about choice.

Some of us choose not to eat any sort of animal-derived products, including milk, eggs and honey as well as meat and fish.

We may choose not to eat meat or fish but eat dairy products, or to eat fish and dairy but not to eat meat.

Many of us choose to limit our meat consumption, eating only white meat or eating meat rarely – perhaps once a week, or for special occasions, or only when we eat with friends or at a restaurant.

What does this mean for what we eat?

Our bodies perform hundreds of little miracles every day. And to help those miracles along we need to give our bodies the right nutrients by eating a varied and balanced diet. (Government healthy eating guidelines are a good start if you need a reminder).

So we thought we'd share some ideas about other readily available sources of a few of the vitamins and minerals that we might need to top up if we choose to change our relationship with certain types of food as this can sometimes mean we risk not having a varied and balanced diet.



I choose not to eat dairy or eggs



If we choose to exclude dairy from our diets, that means avoiding anything containing milk, and often eggs too.

Calcium

Why do we need it?

You probably know calcium is needed for maintaining normal bones and teeth. It also contributes to the normal working of our digestive enzymes. And, what's more, it also contributes to normal muscle function.

What are some non-dairy sources?

We can boost our calcium intake by adding some of these to meals:

- ✓ Broccoli
- ✓ Kale
- ✓ Kidney beans
- ✓ Dried fruit such as raisins
- ✓ Oranges

Ca

Milk is a rich source of calcium, and eggs provide vitamin B12. Why does that matter?

Vitamin B12

Why do we need it?

Did you know that Vitamin B12 can help reduce tiredness and fatigue? It also helps our nervous systems to function normally. It contributes to normal red blood cell formation, and supports the normal working of the immune system.

What are some non-dairy sources?

Some easy-to-find sources of Vitamin B12 are:

- ✓ Fortified breakfast cereals
- ✓ Coconut milk
- ✓ Yeast extract spreads
- ✓ Fortified soya milk

B12

Did you know...? Coconut milk

No-one agrees on where the coconut originated – ideas range from Malaysia to the Northwest of South America – most agree that it rode ocean currents to float-distribute itself around the world.

When we crack open a fresh coconut, the milky white substance that leaks out is natural coconut water. Thicker coconut “milk” is a result of blending coconut flesh and coconut water and then straining it.

Coconut milk is completely free from dairy, lactose, soy, nuts or grains.

Coconut milk is used as a cooking base, particularly in Thailand and other South and Southeast Asian countries, and in West Africa, Hawaii and the West Indies. It is also a popular cow’s milk substitute in smoothies and ice “creams”.



I choose not to eat red meat



When we remove red meat from our diets we're removing a good source of iron and of zinc.

Iron

Why do we need it?

At school we learned that our bodies need iron for all sorts of blood-related functions – from contributing to the normal function of red blood cells and haemoglobin to carrying oxygen around the body. Iron also contributes to our normal cognitive function, the normal functioning of the immune system and to the reduction of tiredness and fatigue.

What are some meat-free sources?

Here are some tasty iron-rich foods to consider:

- Tofu
- Lentils
- Nuts such as cashews and hazelnuts
- Dark green leafy vegetables
- Dark chocolate

Fe

So if you think you might be missing out here are some thoughts.

Zinc

Why do we need it?

You may have read that zinc contributes to normal fertility and reproduction. It also helps us maintain normal bones, hair, nails, skin and eyesight. Some also believe it may support the uptake of other important nutrients including carbohydrates, fatty acids and vitamin A.

What are some meat-free sources?

Try adding these to meals or snacks for extra zinc:

- Mushrooms
- Pinto beans (or kidney beans)
- Almonds
- Peas
- Spinach

Zn

Did you know...? Pinto beans

The pinto, haricot, kidney and navy bean are known as common beans (*Phaseolus vulgaris*) probably because they originate from a common ancestor in Peru. From there, beans spread throughout South and Central America with migrating traders. They came to Europe in the 15th century with Spanish explorers returning from the New World. Spanish and Portuguese traders brought them to Africa and Asia.

Pinto beans are beige sprinkled with reddish brown splashes, and when cooked become a lovely pink colour. They get their name because their skin resembles a pinto horse.

Pinto beans are most commonly prepared as refried beans, for filling burritos in Mexico and the United States. They are also eaten when immature, in the pod, when they are known as green beans.



I choose not to eat any fish



Many people are aware that fish is an important source of Omega 3 fatty acids. It's also an important source of Vitamin A.

Vitamin A

Why do we need it?

Vitamin A is famous for helping to maintain our normal vision. It also helps our immune systems to work as it should, and contributes to the maintenance of normal iron metabolism, normal skin and mucous membranes of some parts of our bodies, such as the nose.

What are some fish-free sources?

Add a splash of colour and some Vitamin A:

- ✓ Spinach
- ✓ Broccoli
- ✓ Red peppers
- ✓ Butternut squash
- ✓ Yellow fruits such as apricots and mangoes

VitA

But of course, there are other ways to include those nutrients. Here's how – and why.

Omega 3 fatty acids

Why do we need them?

There are various types of Omega 3 fatty acids which can contribute to the normal function of the heart, such as EPA and DHA. They're also important for the development of children. A daily intake of 200 mg of DHA can contribute to the normal brain development of the foetus.

What are some fish-free sources?

All of these are good sources of Omega 3 fatty acids:

- ✓ Seeds such as flaxseeds and chia
- ✓ Spinach
- ✓ Beans such as kidney or mung
- ✓ Brussel sprouts

Ome3

Did you know...? Chia seeds

Chia (*Salvia Hispanica*), also known as Mexican Chia or Salba, has a long history of use in South America. It was a major food crop in pre-Columbian civilisations, particularly favoured by the Aztecs. Records show chia seeds as a food source as far back as 3500 B.C.

There are over 60 different varieties and other species, such as Golden Chia, all grown and used in a similar way.

Chia seeds contain no gluten so people with coeliac disease or following a gluten free diet can also enjoy them.



I choose not to eat any meat or fish



Without meat or fish in our diets it's possible we might be short of protein, one of the three most important nutrients.

Protein

Why do we need it?

Most of us know that protein is essential. We need it because protein contributes to the growth and maintenance of all of our muscles. It can also contribute to the maintenance of normal bones.

What are some meat- and fish-free sources?

Look after protein levels with:

- ✓ Low fat mozzarella cheese
- ✓ Eggs
- ✓ Chickpeas, including hummus
- ✓ Almonds
- ✓ Greek yoghurt
- ✓ Cottage cheese
- ✓ Pumpkin seeds

Pro

Yet this is probably one of the simplest to find in other places, as is another element of meat and fish, Vitamin B.

Vitamin B6

Why do we need it?

You might not know that Vitamin B6 helps our bodies work normally across our nervous and immune systems. It helps in normal red blood cell formation, and in processing energy, protein and glycogen. It also contributes to normal psychological function and the regulation of hormonal activity.

What are some meat- and fish-free sources?

Bump up B6 with:

- ✓ Pistachios
- ✓ Avocados
- ✓ Bananas
- ✓ Paprika
- ✓ Wheat bran

B6

Did you know...? Paprika

Although it is native to South America, paprika is believed to have come to Europe with Christopher Columbus.

Paprika is made from the dried pods of sweet red bell peppers (*capsicum annuum*). The dried powder is especially popular in Hungarian Goulash but this versatile spice can add warmth and flavour to all sorts of savoury dishes.

Paprika is also one of the richest sources of vitamin C. The capsicum peppers used for paprika contain six to nine times as much vitamin C as tomatoes by weight.



Your choice - your health

Exploring all the delicious and nutritious treats and meals available in a new diet can be exciting, and confusing. Whatever changes we choose to make to our eating habits – eliminating some foods or introducing new ones – it can take a while to get into a new routine that delivers all the nutrients we need.

Lifeplus produce a range of high quality nutritional supplements.
Here are some of our products.



Daily BioBasics

Daily BioBasics is the full spectrum supplement to your daily needs for vitamins, minerals and fibre, helping support the most important functions throughout your entire body – and allowing you to focus on being at your best! It contains minerals such as Calcium, Zinc and Magnesium as well as 100% of the recommended daily values of essential vitamins including A, B, C and E.



Vegan Omegold®

Omega-3 oils represent a great solution for supporting some of the most important body functions. EPA and DHA contribute to the normal function of the heart. In addition, a daily intake of 250 mg DHA contributes to maintenance of normal brain function and normal vision. Sourced from algae, Vegan OmeGold from Lifeplus offers great access to Omega 3 oils for people who choose not to include animal based products in their diet.



Vegan Protein Shake

The Bodysmart Solutions Vegan Protein Shake is a great addition to your daily diet. Each serving provides high quality protein from two different sources - pea and brown rice protein - in a readily usable form that is suitable for vegans. The formula supplies protein as an energy source, with low fat and carbohydrate content and is available in two great tasting flavours – chocolate and vanilla.



Micro-Mins Plus

Micro-Mins Plus includes a variety of minerals shown to support a number of processes across the whole body, such as: Iron which supports cognitive function and reduction of fatigue. Magnesium which contributes to the normal energy-yielding metabolism and maintenance of bones and teeth. Manganese which supports the function of connective tissue and also helps protect cells from oxidative stress. It also contains Potassium which helps to maintain normal blood pressure and the nervous system.

Please remember: Nutritional supplements should not be seen as a substitute for eating a varied and balanced diet.