



VEGAN CHECKLIST

Print off and put on your fridge - aim to meet these every day.

- BEANS
 - WHOLE GRAINS
 - GREENS
 - CRUCIFEROUS VEGETABLES
 - OTHER VEGETABLES
 - FLAXSEEDS OR CHIA SEEDS
 - NUTS AND OTHER SEEDS
 - BRAZIL NUTS
 - BERRIES
 - OTHER FRUIT
 - WATER
 - OTHER DRINKS
 - EXERCISE
 - SUPPLEMENTATION
- 

For more help in meeting your needs on a plant-based diet, using food as medicine, supporting any health challenges you may be facing, or establishing which supplements might be right for you, head over to my website www.camillaclare.com

BEANS

What type? Non-GMO (preferably organic) tofu, tempeh, edamame and soy beans, black beans, kidney beans, lentils, black eyed peas and chickpeas.

How much? Go for around 3 half cup servings of these foods.

Why? Beans really are a superfood; loaded with minerals, resistant starch, antioxidants, and a huge contributor to protein on a plant-based diet, these are such a great food. If you're struggling with digestive issues eating beans, try tofu or tempeh, and smaller portions of the other bean foods to begin with, or discuss with your health-care provider to investigate any underlying digestive issues.

WHOLE GRAINS

What type? Depending on whether you are coeliac or gluten intolerant; gluten-containing whole grains include: whole wheat, freekah, barley, pearled barley, bulgar wheat. Gluten-free whole grains include: (uncontaminated) steel cut or rolled oats (please note- these may still not be suitable for a coeliac), brown rice, black rice, red rice, millet. Technically not a grain but can fit into this section are quinoa, buckwheat and amaranth.

How much? 3 half cup servings.

Why? Whole grains are an incredible source of fibre and have been shown to be very favourable to the gut microflora. They are also generally very nutrient dense and have been associated with very favourable long term health outcomes. On a plant-based diet, whole grains in conjunction with beans provide an important source of protein.

GREENS

What type? Kale, dandelion greens, bok choy, collard greens, micro greens (such as broccoli sprouts), watercress, mustard greens and rocket. Not too much spinach, beet greens or chard due to oxalate content.

How much? If we're talking about the low-oxalate greens, eat to your heart's content- keep the high-oxalate greens down

Why? Aside from their chlorophyll, carotenoids, and ability to produce nitric oxide in the body, green leafy vegetables are the ultimate nutrient "bang for your buck".

CRUCIFEROUS VEGETABLES

What type? Kale, Broccoli, Cauliflower, Broccoli sprouts, Brussel sprouts

How much? One serving a day, more if you like- steam (aside from broccoli sprouts) to reduce thyroid-suppressing effects

Why? Cruciferous vegetables are wonderful when it comes to healthy oestrogen metabolism, and may have anti-cancer properties.

OTHER VEGETABLES

What type? Carrots, Parsnips, Pumpkin, Squash, Butternut Squash, Zucchini, Cucumber, Potatoes, Sweet Potatoes, Mushrooms, Garlic, Onion. let your imagination run wild. Go for a wide-spectrum of colours.

How much? At least two servings a day, more if you like

Why? Rich in fibre, antioxidants, and phytonutrients, by eating a spectrum of these foods we fuel our body with the ultimate in protective compounds and keep our gut microbes happy.

FLAXSEEDS OR CHIA SEEDS

What type? Ground either fresh, or kept in the fridge in airtight container after grinding.

How much? 1-2 tablespoons a day of one or both, unless advised otherwise by your healthcare provider.

Why? These seeds are wonderful sources of short-chain Omega 3, alpha-linoleic acid which can convert to various Omega 3 metabolites inside the body. They work to modulate the immune system, reduce systemic inflammation, and protect the heart, brain and cell membranes, amongst other functions!

NUTS AND OTHER SEEDS

What type? Walnuts are particularly great, cashews, almonds, pecans, pistachios, sesame seeds, hemp seeds

How much? Just a small serving of these foods as they are very calorie dense

Why? Nuts and seeds contain essentially fatty acids, minerals and amino acids, and may be protective to the brain and cardiovascular system.

BRAZIL NUTS

What type? Source from South America

How much? 1 a day is adequate. Too much can be toxic so please don't binge!

Why? Brazil nuts will be your best source of selenium, which is crucial for thyroid function, immunity and antioxidant status in the body.

BERRIES

What type? Blueberries, blackberries, strawberries, raspberries eaten raw.

How much? One serving will suffice.

Why? The beautiful strong pigments of these foods reveal the exceptional antioxidant levels contained. They are a wonderful source of vitamin C, and very low in calories compared to other fruits.

OTHER FRUIT

What type? Let your imagination go wild- apples, peaches, bananas, pears, custard apples, dragonfruit, avocado, oranges, lemons, lime

How much? 3 servings is perfect.

Why? Great sources of Vitamin C and phytonutrients, fruit intake is correlated with wonderful long-term health.

WATER

What type? Preferably filtered water; when using a filter, ensure you change your filter as advised.

How much? Approximately 2 litres a day for most people; more if you're engaged in intense exercise or extremely hot weather, in which case electrolyte fluids may be required.

Why? Water is critical to human life- need I say more!

OTHER DRINKS

What type? Caffeinated choices (best consumed sparingly if sensitive to caffeine, and before midday)- Black coffee, green tea, matcha green tea, chai tea

Non-caffeinated choices: Dandelion tea, Dandelion chai, Hibiscus tea, Ginger tea, Peppermint tea, other non-caffeinated herbal teas.

How much? A couple of mugs should be plenty.

Why? These teas can be extremely rich in antioxidants, and in some cases have stomach-soothing effects or other medicinal properties.

EXERCISE

What type? Whatever type you like- I prefer low-impact activities such as walking, yoga, pilates, swimming. Try to include a range of cardio and strength-building activities.

How much? I like to engage in low-impact activities for about 60 minutes a day (including walking), whereas moderate-impact activities could be practice for about 30 minutes 3 times a week additionally.

Why? There are SO many benefits to moving our bodies regularly- it makes a huge impact on our mental health, cardiovascular health, cognitive health, can slow down the ageing process, and improve the quality of our bone health.

SUPPLEMENTATION

This may include B12, iodine, Vitamin D, essential fatty acids and iron. It is inappropriate to make blanket-recommendations on supplementation; please consult your health care provider.