

DON'T MISS OUT WHEN YOU GO VEGETARIAN OR VEGAN!



01

Brain

Iodine supports brain function and thyroid hormone production. Many women and girls have iodine intakes that are too low.



02

Blood

Iron is essential for normal red blood cells which have the job of carrying oxygen around your body. Up to 40% of women and girls don't get enough iron in the diet.



03

Bones

Vitamin D works with calcium to support bone health. Public Health England and The Vegan Society recommend 10mcg dose daily supplementation as natural non-animal food sources are limited.



04

Skin/Nails

Zinc can be found in a variety of plant-based foods including nuts, beans, pulses seeds and wholegrain cereals.



05

Everywhere

Normal nervous function depends on the activity of B vitamins. One of these, vitamin B12, is difficult to get from a vegan diet so top up with a specific supplement or a B complex.

