

VIVA!HEALTH RESOURCES

We're here to offer easy-to-read information, practical advice and recipes in our printed and pdf guides on various health topics – healthy diet, diabetes, bone health, heart health, soya, children's health and more!

For greater detail about your health and diet, our referenced scientific reports are perfect. They cover dairy, meat, fish, diabetes, osteoporosis and vegan diets.

For more down-to-earth resources, we have guides, wallcharts, health news, articles and recipes!

It's all waiting for you at vivahealth.org.uk/resources or you can call us on 0117 944 1000 (9am-5pm) for advice



Join Viva! from just £3 a month

Support our campaigns to improve the nation's health and save animals from suffering. As a member you'll receive:

- Our fabulous supporter magazine *Viva!life*
- Discount card
- Window sticker
- Practical vegan guides
- Nutrition wallchart

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Joining Viva!: we securely store your information and only share it with suppliers who enable us to process your membership (eg our mailing house). We'll only send you post about Viva! (and you can opt out any time). We review your info to help us improve our services and may send you tailored messages as a result. See viva.org.uk/privacy or call us on 0117 944 1000 for details.



Return to: Viva!, 8 York Court, Wilder Street, Bristol BS2 8QH
viva.org.uk | info@viva.org.uk
 0117 944 1000

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VEGAN EATWELL PLATE



Don't forget to drink plenty of water or herbal tea – at least two litres a day. This is as important for your body as a healthy diet!

Apart from all the tasty food, everyone needs a reliable source of vitamin B12 – fortified foods or supplements are fine as long as you're getting at least 1.5µg a day.

From October to April your health also needs a little vitamin D boost in the form of a supplement – everyone in the UK needs one! Vitamin D is the 'sunshine vitamin' produced in your skin when exposed to sunlight but we simply don't get enough over the winter months. Some people may need supplements all year – especially if you always protect your skin from sunlight.

This is what a healthy vegan diet looks like!

- For free health and nutrition information go to vivahealth.org.uk
- For free recipes and inspiration see veganrecipeclub.org.uk
- And to help kickstart your vegan journey, sign up to our free 30 Day Vegan meal plan 30dayvegan.viva.org.uk



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GO HEALTHY GO VEGAN!



The vegan food revolution is here! People are going vegan for many reasons, including health. And rightly so – a vegan diet offers a wonderful package of nutrition that helps to protect against a host of diseases.

With help and encouragement from Viva!Health and our superb Vegan Recipe Club, it couldn't be easier!

vivahealth.org.uk



WHY A VEGAN DIET IS GOOD FOR YOU

The foods that vegans eat are the cornerstones of a healthy diet – fruit and vegetables, wholegrains, pulses, nuts and seeds. Even the treats tend to be healthier than animal-based ones – cake, chocolate, burgers, 'cheese', plant milks and even pizza! All the delicious tastes you're used to and a whole lot of new ones, guilt-free!

Plant foods are easier to digest for the simple reason that humans evolved on plant-based diets and are adapted to them.

A vegan diet has no cholesterol, plenty of fibre, healthy carbs, fats and protein, a wide range of health-protecting antioxidants and essential nutrients. This super nutrient package helps to:

- lower your blood pressure and unhealthy cholesterol – and can return it to normal
- lower your risk of heart disease – and can even reverse it
- lower your risk of type 2 diabetes – or help you treat it and get off meds
- lower your risk of cancer – vegans have up to 20 per cent lower risk!
- make it easier to achieve a healthy weight – whilst eating plenty of food!

Inflammation can be a killer and drives arthritis, asthma, chronic lung diseases, irritable bowel diseases and metabolic syndrome. A vegan diet can naturally reduce inflammation and has been a lifesaver for many people.

Veganism is a 'yes brainer' as a healthy vegan diet can help protect your cognitive health and play a crucial role in the prevention of Alzheimer's disease and dementia.

Add to this excellent digestive health, clear skin and a strong immune system and it becomes easy to understand the vegan revolution that's now happening.

All animal-based foods have been linked to ill health and degenerative diseases. There is very little doubt that meat, fish, dairy and eggs can harm your health and you're better off without them. Many experts and health organisations agree.

What's so bad about these foods?

MEAT: saturated fats, cholesterol, too much protein, cancer-causing compounds – both natural and created through high temperature cooking, toxic preservatives, high amounts of salt, antibiotic and pesticide residues.

MILK: hormones and growth factors naturally present in milk (meant to drive the rapid growth of a calf), saturated fats, cholesterol, lactose – milk sugar, milk protein difficult to digest, pus, blood, antibiotic residues.

WHO SAYS VEGAN IS HEALTHY?

Academy of Nutrition and Dietetics, American Dietetic Association, British Dietetic Association, British Nutrition Foundation, Canadian Paediatric Society, UN Food and Agriculture Organisation and the World Health Organisation – they all agree that a vegan diet can improve your health a whole lot!



veganrecipeclub.org.uk

WHY ANIMAL FOODS HARM YOUR HEALTH?

FISH: toxic pollutants such as heavy metals (mercury, lead, copper), pesticides, industrial waste and antibiotic residues, saturated fats, cancer-causing compounds (resulting from cooking fish at high temperatures).

EGGS: saturated fats, cholesterol, choline – high intakes pose health risks, pesticide residues, bacteria likely to cause food poisoning.

All these animal foods have been directly linked to:

- high blood pressure and unhealthy cholesterol levels – the science is clear
- increased risk of heart disease – and all its complications
- increased risk of type 2 diabetes – including its associated kidney disease and neuropathy
- increased risk of cancer – processed meats are now officially recognised as carcinogenic
- unhealthy weight – obesity and metabolic syndrome

Despite sensationalist marketing efforts, the facts remain that saturated fats and cholesterol are bad for your heart and animal protein isn't anything to praise, either. High intakes can contribute to osteoporosis, type 2 diabetes, kidney disease, cancer and excess weight.

'Western' style diets based on animal products also increase your risk of Alzheimer's disease and dementia, arthritis, digestive diseases, constipation, erectile dysfunction, gallstones and many more.

Humans were never meant to base their diet on animal products and when we do, we pay the price and slowly deteriorate. The good news is, changing your diet can change – and save – your life!



ACTIVE VEGANS

Athletes and other active people are discovering that a vegan diet provides bundles of energy and is perfect for fast recovery. Top sportspeople are now advocating a vegan diet for better performance.

ANTHONY MULLALY
International rugby player, Leeds Rhinos star



MEAGAN DUHAMEL
Figure skater, 2018 Olympic gold medalist



DOTSIE BAUSCH
Multiple cycling champion, 2012 Olympic silver medalist



HOW CAN A VEGAN DIET HELP



ARTHRITIS

A vegan diet based on fresh fruit and vegetables, pulses, nuts and seeds, and wholegrains can largely reduce the pain and stiffness of joints.

ASTHMA

Cutting out dairy is crucial and a vegan diet high in fresh fruit and vegetables can offer big relief.



DIABETES

Low-fat vegan diets based on healthy carbs and vegetable protein work wonders for type 2 diabetics. Give it four weeks and see the results!



CANCER

Animal-based foods increase your risk of several cancers – plant-based wholefoods slash it. A vegan diet also aids recovery and improves your quality of life.



HEART DISEASE

A vegan diet is quite simply the best for healthy hearts and blood vessels. Even if you have heart disease, switching to a 100 per cent plant-based diet may reverse it!



BONE HEALTH

The science is clear – fruit, vegetables, plant protein and physical activity are the best bone builders. Dairy is not – and it can even compromise your bone health! Don't believe the dairy industry adverts!



HEALTHY WEIGHT

Among all the different types of diet, veganism is the only one which effortlessly maintains a healthy weight! And with vegan treats aplenty, you won't miss a thing.



HEALTHY PREGNANCY

A vegan diet provides the very best nourishment for both mother and baby – a wealth of essential nutrients and hardly any of the pollutants that concentrate in animal foods. Do they really? Oh yes – an abundance of pesticides, heavy metals, antibiotics and hormones.



KIDNEY DISEASE

Kidney experts agree – plant-based diets are a must for people with, or at risk of, kidney disease. Plant protein is much easier on the kidneys than animal protein!



METABOLIC SYNDROME

This is a cluster of conditions, including increased blood pressure, high blood sugar, excess body fat around the waist and abnormal cholesterol or triglyceride levels that occur together and increase your risk of heart disease, stroke and diabetes. A vegan diet does exactly what's needed by lowering cholesterol and fat levels, improving sugar metabolism and insulin sensitivity and aiding easy weight loss. Win-win-win!

