**SC CATERING- VEGAN DIET INFORMATION**

**Section A: Learning about the Vegan Diet**

**Focus:** 100% PLANT BASED. This means no animals products at all (no meat, dairy, eggs, or honey).

**Typical Foods**: Vegetables, fruits, grains, legumes, nuts, seeds, plant-based milks and cheeses and meat alternatives (tofu, seitan, etc.)

*Always remember just because it’s vegan, doesn’t mean it has to be boring. Apart of this journey as your chef would mean we together will curate awesome meal prep ideas based on your preferences. We can try different cuisines and experiment a ton. I can also offer suggestions based on my prior knowledge.*

**Section B: Key Points**

* It’s important to watch for nutrient gaps, as being a vegan could mean a lack of B12 (needed for nerve function and red blood cells), iron (oxygen transport in blood), calcium (bone health) and omega-3 (brain and heart health)
* It’s best to take supplements for these nutrients that you are lacking in your meals.

**Section C: Health Benefits**

1. Lowers blood pressure, cholesterol, and blood sugar
2. You often earn a lower BMI (body mass index).
3. Reduces risk of heart diseases, diabetes, and some cancers.
4. Improves digestion (high fiber intake).