

## Eating Disorders and Vegan Diets – Clinician Factsheet

This document is designed for Accredited Practicing Dietitians (APD) to provide key information and resources for working with people with eating disorders who are choosing to follow a vegan lifestyle. A factsheet for consumers titled “Eating Disorders and Vegan Diets” is available through COD-ED.

### What is a vegan diet?

The Vegan Society defines it as: “Veganism is a philosophy and way of living that seeks to exclude – as far as is possible and practical – all forms of exploitation of and cruelty to, animals for foods, clothing or any other purpose....”<sup>1</sup>.

### Why do people adopt a vegan diet?

Understanding the reasons for animal food avoidance is essential<sup>5</sup>. Motivations may also change over time<sup>5</sup>. People may adopt a vegan lifestyle for the following reasons:

- Animal welfare
- Rejection of the commodity status of animals
- Taste preferences
- Ecological concerns
- Weight or health concerns
- Family preferences
- Religious or other beliefs<sup>6</sup>

### Vegan diets and eating disorders:

- Veganism is not a causal factor in eating disorders; however, veganism may promote and facilitate obsessive or restrictive eating in susceptible individuals<sup>2,5</sup>.
- The Dietitians’ role in the treating team is to facilitate renourishment of the person with an eating disorder. This may include helping the person and their loved ones determine if the veganism is linked to the development of the eating disorder. In this case, the goal is to re-establish the pre-illness diet and challenge dietary practices that have been driven by eating disorder cognitions as early in treatment as possible. If veganism predates the eating disorder, a capable dietitian may consider renourishment within the bounds of a vegan diet.

- The MDT together with the person with an eating disorder and their support people should assess vegan dietary practices on a case-by-case basis and develop a unified MDT approach to avoid team splitting.
- Like many diets which exclude types of foods, vegan diets may disguise eating disorder behaviours through providing a socially acceptable and environmentally friendly reason for food restriction, therefore attracting less concern from others.
- Additionally, to determine if a food is vegan, food labels need to be read. This behaviour is also commonly practiced by people with an eating disorder.
- The BDA Practice Guidance: Veganism and Eating Disorders<sup>2</sup> document contains “Key points for an eating disorder team to ask to identify if a vegan diet may be related to the development of an eating disorder”. It is suggested that clinicians review this comprehensive list of questions, which covers areas such as when the vegan diet was commenced, changes to level of restriction over time, consumption of high calorie vegan foods and ethical choices in non-food aspects of life.
- The BDA Practice Guidance: Veganism and Eating Disorders<sup>2</sup> recognises that it may be necessary to suspend a vegan diet for the duration of eating disorder treatment, to facilitate recovery.
- Consider discussing ways to practice non-food ethical vegan principles (e.g., cruelty-free cosmetics, environmentally friendly products) if a move away from a vegan diet is required during recovery.
- Exploring adherence to non-food ethical vegan principles (e.g., use of cruelty-free cosmetics, excluding wool, leather and bees wax, support for zoos) may help the clinician to determine if the veganism is driven by weight and shape concerns or ethical stance.

### **Considerations for renourishing people with eating disorders on a vegan diet:**

- Oral re-feeding with a vegan meal plan is possible under the supervision of an experienced APD.
- If a vegan diet was adopted as a result of eating disorder cognitions, it may be less distressing to commence the renourishing process with a vegan meal plan. This should be a multi-disciplinary team decision and be reviewed in alignment with treatment progression.
- Many vegan foods are low energy density, high in fibre and low in protein. Therefore, higher volumes of foods may be required to meet nutritional goals. This may lead to increased feelings of fullness and discomfort after eating, particularly during the early renourishment phase when delayed gastric emptying and impaired peristalsis are often present.

- If severity of eating disorder behaviours/cognitions requires inpatient or intensive treatment, then achieving nutritional goals becomes non-negotiable. During this time, vegan diets cannot usually be facilitated due to lack of vegan meal choices available in hospital food services. Hospitals also may not have access to vegan oral nutrition supplements or enteral feeds.

### **Sample Vegan Nutrition Plans for Renourishment:**

Sample Vegan Nutrition Plans are included in this document (Appendix One). These are consumer education resources created for dietitians to use with people with an eating disorder when the MDT has decided a vegan diet is appropriate at that time. This should be used in combination with the blank 'My Nutrition Plan'.

Clinicians should aim to encourage the person with an eating disorder (+carer/family) to use the Sample Vegan Nutrition Plans to formulate their individual plan, with support from the dietitian. The Tips for Meal Planning on a Vegan Diet and Ready Reckoners (Appendix Two) can be used by dietitians to ensure nutritional adequacy of individualised plans.

The maintenance meal plan provides approximately 10MJ, and the repletion meal plan provides approximately 12MJ. These Nutrition Plans are designed as an interim measure and are not for long term use. Please ensure your clients follow up with an Accredited Practising Dietitian in the community for individualised dietary advice and to ensure they are meeting their nutritional requirements.

### **Tips for Meal Planning on a Vegan Diet**

Eating a wide variety of plant-based foods and healthy nutritional planning is essential to meet nutritional needs on a vegan diet. The table below provides a summary of potentially vulnerable nutrients in a vegan diet and practical tips to help meet requirements. Refer to Nutrient Reference Values (NRVs) for Recommended Daily Intake (RDI) and Upper Limits (UL), which vary between age, gender, and life-stage.

Vulnerable Nutrient	Risk	Foods to incorporate	Practical tips
Protein	Plant based protein foods do not generally contain all essential amino acids.	<p>Include a variety of different protein sources over the day to ensure all essential amino acids are consumed.</p> <p>Good sources include chickpeas, red kidney beans, black beans, adzuki beans, baked beans, lentils, tofu, soy milks, nuts, seitan (vital wheat gluten), quinoa, hemp seeds and meat replacements.</p>	<p>Some research suggests that vegans require a higher protein intake due to bioavailability, however more research is needed in this space.</p> <p>Pea protein is an easily accessible, complete vegan protein (although it is quite low in methionine). A 20g scoop contains 15g protein.</p> <p>Nutritional yeast is a complete protein and contains 3.6g protein per 2 tablespoons.</p>
Iron	<p>Haem iron (from meat sources) is better absorbed than plant-based non-haem iron.</p> <p>Only 10% of iron is absorbed from a vegetarian diet, compared with 18% from a mixed diet that includes meat.</p>	<p>Good sources include lentils, chickpeas, cooked dark greens (e.g., spinach/swiss chard), beans, tofu, cashew nuts, chia/pumpkin seeds, quinoa and iron fortified breakfast cereals.</p> <p>Serve with vitamin C rich foods to increase absorption.</p> <p>Avoid consuming tea/coffee with iron sources.</p>	<p>See table below for iron supplement options.</p> <p>Not included as part of multivitamin options.</p> <p>NRVs recommend 80% higher than RDIs for those who consume an omnivore diet.</p>
Calcium	Dairy products, which are a rich source of calcium, are not included in the vegan diet.	<p>Ensure plant-based milks are calcium fortified (&gt;120mg calcium/100mL). Choose calcium-set tofu.</p> <p>Kale, broccoli, brussel sprouts and pak choi are the better</p>	Non-vegan calcium supplements contain vitamin D3 which is often not vegan friendly.

		absorbed vegetable calcium sources.	
Essential fatty acids	Varied plant-based diets usually contain adequate essential Omega 6 linoleic acid (LA), however getting sufficient essential Omega 3 Alpha-Linolenic Acid (ALA) can be challenging.	<p>LA – hemp seeds, pumpkinseeds, sunflower seeds, walnuts and soy-based margarine.</p> <p>ALA – chia seeds, linseed, hemp seeds, walnuts and vegetable oil.</p> <p>Balance is important – eating too much LA can prevent the body making ALA into other omega-3 fats (EPA and DHA).</p> <p>To help keep the balance, limit servings of pumpkin and sunflower seeds to ¼ cup and use vegetable oil. (Canola or rapeseed) instead of oils containing lots of LA (Sunflower, corn, sesame).</p>	<p>Six walnut halves (20g) or 1 tablespoon of chia seeds/ground linseed per day meet the minimum requirements for most adults of Omega-3.</p> <p>Vegan Omega-3 fats EPA and DHA can be obtained from microalgae supplements.</p> <p>Not included as part of multivitamin options.</p>
Vitamin B12	B12 is almost entirely absent from plant foods.	<p>2.5 glasses of fortified soy milk (at least 1mcg B12/250mL) provides the daily requirement (RDI 2.4mcg for adults not pregnant/breastfeeding). Brands include Vitasoy and Sanitarium.</p> <p>Mushrooms, tempeh, spirulina, seaweed and miso are often promoted as containing B12, however the B12 in these foods</p>	<p>B12 fortification is unreliable, so supplementation is usually recommended. Toxicity is rare (as it is water soluble).</p> <p>Included in some multivitamins, see below.</p> <p>Recommended dose:</p> <ul style="list-style-type: none"> <li>- Daily supplementation (&gt;10mcg)</li> </ul>

		<p>is an inactive form so will not prevent deficiency.</p> <p>Nutritional yeast <u>may</u> be fortified with B12; check nutrition labels.</p>	<ul style="list-style-type: none"> <li>- OR weekly supplementation (&gt;2000mcg)</li> <li>- OR fortified foods (at least twice/day, adding to &gt;3mcg)</li> </ul> <p>Higher doses than included in a multivitamin may be required if deficient (1mg/day for 2 months or via injection).</p>
Vitamin D	Vitamin D can be sourced from foods that are exposed to sunlight, or are fortified. Note that if Vitamin D is coming from sunlight exposure, content can be highly variable.	<p>Sunlight exposure</p> <p>Some breakfast cereals, non-dairy milks and margarines are fortified.</p>	<p>Vitamin D2 is always suitable for vegans, but vitamin D3 can be derived from both an animal source (such as sheep's wool) or lichen (a vegan-friendly source). D3 is included in some multivitamins, see below.</p> <p>Recommended doses:</p> <ul style="list-style-type: none"> <li>- 10mcg/400IU supplement daily</li> </ul>
Iodine	Iodine is found inconsistently in plant foods depending on the iodine content of the soil.	<p>Use iodised salt (½ teaspoon meets daily requirements). Seaweed is a rich source of iodine, but content is variable and can be too high.</p>	<p>Included in some multivitamins, see below.</p> <p>Recommended doses:</p> <ul style="list-style-type: none"> <li>- Supplement 140mcg/day</li> <li>- OR 500mL milk alternative with added iodine/day</li> <li>- OR 2 sheets nori/day</li> </ul>
Zinc	<p>Zinc absorption from plant foods is lower than from animal foods.</p> <p>Vegan/vegetarian diets have a higher phytate content, and evidence exists that the phytate-to-zinc ratio can</p>	<p>Good plant sources of zinc are legumes, nuts, seeds, oatmeal, bread, tempeh, quinoa and miso.</p> <p>Serve these foods with vitamin C rich foods to increase iron absorption.</p>	<p>Doesn't usually require supplementation in a balanced vegan diet.</p> <p>Not included in multivitamins, see below.</p> <p>RDI is 50% higher than current RDIs for non-vegetarians/vegans.</p>

	negatively affect zinc absorption.		
Selenium	Some soils can lack selenium, so the amount in plant foods can vary.	Brazil nuts are a good source (70-90mcg per nut).	Included in some multivitamins, see below.  Recommended doses: - Supplement 60mcg/day

## Supplementation on a Vegan Diet

- Supplementation of vitamins and minerals may be required, particularly during the renourishment period.
- There are some multivitamin and mineral supplements that are vegan, however it is important to know that these may not contain adequate amounts of key nutrients such as Thiamine, Phosphate, Calcium or Magnesium.
- The Royal College of Psychiatrists<sup>3</sup> recommend that in lifesaving or high-risk situations (such as re-feeding), non-vegan medications or nutritional supplements may be required and should NOT be withheld.
- Consider requesting pathology screening if inadequate intake of key nutrients including vitamin D, folic acid, zinc, iron and B12.

The table below aims to provide a summary of easily accessible vegan supplements available in Australia. Formulations can change, so check product information.

Supplement range	Contains	Comments
VEG1 multivitamin/mineral supplement	Key nutrients: B12 - 25mcg Iodine – 150mcg Vit D3 – 20mcg Selenium – 60mcg Folic acid – 200mcg	Note this is NOT nutritionally complete or suitable for people undergoing refeeding.  Buy online.
Naturopathica vegan supplement multivitamin	Key nutrients: Calcium - 10mg Iron - 1.9mg Vit D3 - 7.5mcg	Buy online or in some chemists (Chemist Warehouse).



	Vit B12 - 2mcg Zinc – 3.5mg Folic acid – 100mcg	
Swisse vegan multivitamin	Key nutrients: Calcium – 42mg Iron – 50mcg Vit D3 – 25mcg Vit B12 – 600mcg Zinc – 5mg Folic acid – 500mcg	Buy online or in some chemists (Chemist Warehouse).
Naturopathica vegan supplement iron	Iron – 20mg Vit C – 100mg	Buy online or in some chemists (Chemist Warehouse).
Naturopathica vegan supplement vitamin D	Vit D3 - 25mcg	Buy online or in some chemists (Chemist Warehouse).
Naturopathica vegan supplement omega 3	DHA-rich schizochytrium algal oil 525mg equiv. to docosahexaenoic acid 52.5mg	Buy online or in some chemists (Chemist Warehouse).
Blackmores Vegan Omega 3 oil	Omega 3s - 200mg	Buy online or in some chemists (Chemist Warehouse).
Ferro-grad C	Ferrus sulfate 325mg Vitamin C 500mg (equivalent to 105mg elemental iron)	Widely available in chemists.
Maltofer	370mg iron polymaltose (equivalent to 100mg elemental iron)	Buy online or in some chemists (Chemist Warehouse).  Also available in liquid form.
Bioceuticals D3 vegan spray	Vit D3 - 1000IU (25mcg) per spray	Buy online or in some chemists (Chemist Warehouse).
Bioceuticals B12 vegan spray	Vit B12 – 500mcg per spray	Buy online or in some chemists (Chemist Warehouse).

## Nutritional Supplement Drinks and Enteral Feeds

This is a consensus document from Dietitian/ Nutritionists from the Nutrition Education Materials Online, Collaboration of Dietitians in Eating Disorders "COD-ED", team.  
Disclaimer: [www.health.qld.gov.au/global/disclaimer](http://www.health.qld.gov.au/global/disclaimer)  
Copyright: [www.health.qld.gov.au/global/copyright-statement](http://www.health.qld.gov.au/global/copyright-statement)

Developed: June 2024  
Due for review: June 2026





There are few nutritionally complete vegan enteral feeds available in Australia. As previously mentioned, the Royal College of Psychiatrists<sup>3</sup> recommend that in lifesaving or high-risk situations (such as re-feeding), non-vegan medications or nutritional supplements may be required and should NOT be withheld.

Nutritionally complete vegan supplement drinks available include:

- Fresubin Plant Based Vanilla
- Fortisip Plant Based Mango/Mocha

Nutritionally incomplete vegan supplement drinks available include:

- Calogen neutral (Nutricia)
- Carbohydrate based supplement powders, such as Polyjoule (Nutricia). Consider any potential impact on reinforcing eating disorder cognitions and the risk of carbohydrate load on medical stability.
- Kate Farms range of vegan nutrition drinks. Available for order through the Kate Farms website.

Some products contain smaller amounts of animal products (whey protein derived from milk), so may be more acceptable to some people with an eating disorder following a vegan diet.

- Resource Fruit Flavoured Beverage (Nestle) or Ensure Plus Juice (Abbott) may be more acceptable than milk-based products, but still contain protein derived from animal products.

Be mindful that some of the products listed above (carbohydrate powders, juice supplements) contain no fat. This may enhance eating disorder cognitions around fat avoidance and contribute to a high simple carbohydrate load. These products are generally not recommended and should be used with caution.

Carbohydrate based supplements should not be used in the early refeeding process as the high glycaemic load/index may precipitate and attenuate the risk of refeeding syndrome.

### Helpful Tools for Clients:

Tool	Description	Cost
Fussy Vegan app	Available on Apple and Android. Scan a products barcode to check if it is vegan or not (no need for reading food labels). Be aware that filters can be added to	\$14.99

	include alerts for foods which contain “oil” and “refined sugars” when scanning.	
Vegan Australia website	Webpage. Range of factsheets about vegan substitutions in recipes, vegan product guides.	Free

## Appendix One: Sample Nutrition Plan Maintenance (10MJ)

Mealtime	Option 1	Option 2	Option 3	Guide to Meals
<b>BREAKFAST</b> Time: Place: Support:	1 bowl vegan cereal 1 cup calcium fortified soy milk 1 glass fruit juice	2 slice bread 1 tsp vegan margarine 1 medium tin (approx. 1 cup) baked beans	Smoothie made with 1 cup calcium fortified soy milk, 1 medium banana, ¼ cup oats, 1 tbsp chia seeds/linseed	<ul style="list-style-type: none"> <li>3 main meals and 3 snacks per day</li> <li>Include a combination of foods rich in protein, fat, and carbohydrates</li> <li>Include at least 1 hot meal per day</li> <li>Consider when you will purchase and prepare each meal/snack</li> </ul>
<b>MORNING TEA</b> Time: Place: Support:	100g calcium fortified coconut yoghurt (e.g., Cocobella, Vitasoy) 1 piece of fruit	Dairy Free Up and Go (vegan friendly) 1 piece fruit	1 piece fruit 1 Carmen's nut bar	
<b>LUNCH</b> Time: Place: Support:	1 large wrap 3 falafels, 1 tbsp vegan mayo Salad vegetables	2 slices bread + ½ avocado + 1 cup mock chicken Salad vegetables	1 cup cooked quinoa with 1 medium tin (220g) 4 bean mix, 1 tbsp nuts, 1 salad	
<b>AFTERNOON TEA</b> Time: Place: Support:	1 piece vegan slice or 2 vegan cookies (e.g. Biscoff, Kooka's, Oreos)	1 slice bread with 1 tbsp peanut butter 1 piece of fruit	2 slices vegan cheese + 8 Ritz crackers	
<b>DINNER</b> Time: Place: Support:	Veggie burger patty with seeded roll/large tortilla and 1 tbsp vegan mayonnaise	200g or 1 packet of marinated tofu, 1 cup noodles 1 tbsp nuts, stir fry vegetables	1 cup cooked rice ¾ cup V2 or Vegie Delights mince Sesame oil and soy sauce Vegetables	What will I do after meals?
<b>EVENING SNACK</b> Time: Place: Support:	1 cup chia pudding made on calcium fortified soy milk	Small tub Soy Yoghurt 1 piece of fruit	Hot chocolate made with 250ml calcium fortified soy milk and 2 tbsp Nesquik 1 piece fruit	Who will I reach out to for support (if eating alone)?
<b>DAILY FLUID</b>			<b>VITAMIN SUPPLEMENTS</b> Thiamine (Vit B1):	Multivitamin:
<b>MY GOALS</b>			<b>EXERCISE</b> Type and duration	

This is a consensus document from Dietitian/ Nutritionists from the Nutrition Education Materials Online, Collaboration of Dietitians in Eating Disorders "COD-ED", team.

Disclaimer: [www.health.qld.gov.au/global/disclaimer](http://www.health.qld.gov.au/global/disclaimer)

Copyright: [www.health.qld.gov.au/global/copyright-statement](http://www.health.qld.gov.au/global/copyright-statement)

Developed: June 2024

Due for review: June 2026

## Sample Nutrition Plan Repletion (12MJ)

Mealtime	Option 1	Option 2	Option 3	Guide to Meals
<b>BREAKFAST</b> Time: Place: Support:	3 Weetbix/ ½ cup oats/1 cup vegan cereal with 1 cup calcium fortified soy milk + 1 medium banana + 1 large glass fruit juice	2 slices bread + 2 tsp vegan margarine + 1 medium tin baked beans	Smoothie made with 1 cup calcium fortified soy milk, 1 medium banana, 1 tbsp peanut butter, 1 tbsp oats, 1 tbs chia seeds/linseed	<ul style="list-style-type: none"> <li>3 main meals and 3 snacks per day</li> <li>Include a combination of foods rich in protein, fat and carbohydrates</li> <li>Include at least 1 hot meal per day</li> <li>Consider when you will purchase and prepare each meal/snack</li> </ul> <p><b>Supports</b> How will I ensure adequate serve sizes?</p> <p>What will I do after meals?</p> <p>Who will I reach out to for support (if eating alone)?</p> <p>What is my back up plan if I am unable to eat the meal?</p>
<b>MORNING TEA</b> Time: Place: Support:	Small tub vegan yoghurt 1 piece of fruit	Small handful nuts Dairy Free Up and Go	4 Oreo cookies 1 cup calcium fortified soy milk	
<b>LUNCH</b> Time: Place: Support:	1 bread roll with 3 large falafels, 1 tbsp vegan mayo, salad with 1 tbsp mixed nuts	1.5 cups lentil soup with 2 slices bread and ½ avocado	1 cup cooked couscous with 1 medium tin 4 bean mix, 1 tbsp cashew nuts, 1 small can sweetcorn and salad	
<b>AFTERNOON TEA</b> Time: Place: Support:	Carmen's nut bar 1 cup calcium fortified soy milk with 2 tbs plant-based Milo	1 slice bread with 1 tbsp peanut butter 1 piece of fruit	2 slices vegan cheese + 8 Ritz crackers 2x snack packs roasted chickpeas / fava beans	
<b>DINNER</b> Time: Place: Support:	Veggie burger patty with seeded roll/large tortilla and 1 tbsp vegan mayo + side of hot chips	200g or 1 packet of marinated tofu, 1 cup noodles 1 tbsp nuts, stir fry veg	Frozen meal (e.g., Quorn Meat Free meals)	
<b>EVENING SNACK</b> Time: Place: Support:	1 cup tin fruit with 3 large bliss balls (or 4 small bliss balls e.g., Carmen's)	Small tub Soy yoghurt ¼ cup Carmen's vegan granola and 1 piece of fruit	2 scoops vegan ice-cream with 1 piece of fruit	
<b>DAILY FLUID</b>			<b>VITAMIN SUPPLEMENTS</b> Thiamine (Vit B1):	Multivitamin:
<b>MY GOALS</b>			<b>EXERCISE</b> Type and Duration:	

## Appendix Two - Ready reckoner of nourishing vegan meal and snack options and calcium fortified alternative milks for clinicians:

Food and portion	kJ	Protein (g)
<b>Vegan snack options</b>		
100g Coyo yoghurt	710	1.5
2 snack packs Roasted chickpeas / fava beans (50g)	960	13
1 Carmen's nut bar	670	4.2
1 cup calcium fortified soy milk with 2 tbsp chocolate Nesquik	690	7.7
4 Oreo cookies	836	1.9
Chia pudding made with soy milk, topped with fruit and coconut	1380	8
Dairy Free Up and Go (vegan friendly)	730	8.8
4 Carmen's Bliss Blass (40g)	710	4
2 scoops (50g) dairy free ice-cream (e.g., Sanitarium So Good)	320	1.5
Kate Farms supplement drink	1358	16
1 Plantitude Granola Cookie	960	3.7
Doughlicious Frozen Dessert Bites (2 bites)	942	2.2
Handful nuts (50g)	1254	7
2 crumpets – Golden or Mighty Soft	862	7
<b>Vegan breakfast options</b>		
Smoothie made with 200ml calcium fortified soy milk, 1 medium banana, 1 tbsp peanut butter, 1 tbsp oats, 1 tbs chia seeds/linseed	2090	10.4
1 cup calcium fortified soy milk	543	6.4
2 heaped tsp vegan margarine (Nuttelelex, Flora, olive oil spread)	420	0.2
½ cup baked beans (small tin 130g, e.g., SPC, Heinz)	500	6.4
1 cup vegan cereal (All-Bran, Cocopops, Corn Flakes, Guardian, Just Right, Nutrigrain, Rice Bubbles, Sultana Bran, Special K, Sustain) OR 3 Weetbix OR ½ cup oats	415	3
<b>Vegan Main Meals Protein options</b>		
300mL lentil soup	750	9.6
3 regular falafels (e.g. Yumis)	540	3
2 x small tins (125g each) 4 bean mix	1570	24
220g Medium tin (220g) baked beans (e.g. Heinz, SPC)	775	10.6
4 tbs hummus	460	4.4
1 cup plant-based mince (e.g. soya)	415	14.6
½ packet (100g) marinated tofu	795	12.1
Handful nuts (50g)	1255	7.2

This is a consensus document from Dietitian/ Nutritionists from the Nutrition Education Materials Online, Collaboration of Dietitians in Eating Disorders "COD-ED", team.

Disclaimer: [www.health.qld.gov.au/global/disclaimer](http://www.health.qld.gov.au/global/disclaimer)

Copyright: [www.health.qld.gov.au/global/copyright-statement](http://www.health.qld.gov.au/global/copyright-statement)

Developed: June 2024

Due for review: June 2026

1 Veggie burger patty or schnitzel (e.g., Vegie Delights, V2, Beyond Meat, Made with Plants or Wildly Good)	1010	18
2 slices (40g) vegan cheese	440	4.9
¼ cup Textured Vegetable protein (TVP)	335	12
¾ cup Vegan mince (e.g., V2 or Vegie Delights)	750	22
1 cup Mock meat	500	14
1/3 cup Seitan (wheat gluten)	420	21
2 tbsp Nutritional yeast	110	3.6
<b>Vegan Main Meals Carbohydrate options</b>		
1 cup cooked couscous	1000	8
1 Jacket potato	840	3.8
1 small tin (80g) sweetcorn	500	3.1
1 cup (150g) cooked soba/rice noodles	670	7.4
Single serve packet rice (125g)	840	3.4
1 Mountain Bread Wrap – rice, rye, corn	295	2.6
2 slices bread – many varieties from Helga's, Tip Top, Wonder, Abbotts, Lawsons	840	6.7
<b>Vegan Main Meals Fats options</b>		
½ avocado	630	1.2
1.5 tbsp vegan mayo (e.g. Made with Plants)	540	0
2 heaped tsp margarine (Nuttelelex, Flora, olive oil spread)	420	0.2
1 tbsp olive / sunflower / other oil	670	0
1 tbsp chia seeds / linseeds	370	4.1
1 tbsp (30g) nuts	730	5
<b>Other High Protein / High Energy Vegan Products</b>		
20g scoop Pea Protein Powder	1170	15.6
1 tbsp Cacao Powder	200	4.1
½ cup Besan / Chickpea flour	730	10.3
½ cup Almond meal	794	6.2
<b>Vegan Main Meals Frozen options/Whole main meals</b>		
Natures Kitchen Lentil Bolognese with Spaghetti	1621	17.1
Earth Chickenless Satay, Veggies with Rice	2050	18.8
Earth Meat Free Lasagne	2550	28.7

## Calcium Fortified Alternative Milks

Soy milk is the recommended vegan alternative milk, due to the low energy and protein content of other alternative milks. The table below lists calcium fortified alternative milks readily available in Australian supermarkets.

Calcium fortified milk alternatives	kJ/100mL	Protein (g)/100mL	Calcium (mg/100mL)
Vitasoy soy milk	257	3.3	120
So Good soy milk	273	3.2	160
Pure Harvest soy milk	237	3.0	120
Vitasoy almond milk unsweetened	84	0.7	120
So Good almond milk	123	0.1	120
Pure Harvest almond milk unsweetened	123	0.6	120
Vitasoy coconut milk unsweetened	103	0.2	120
Vitasoy rice milk unsweetened	231	0.3	120
Pure Harvest rice milk unsweetened	200	0.6	120
Australia's Own like milk (pea protein milk)	138	3.3	120

## References and key resources for clinicians:

1. The Vegan Society - <https://www.vegansociety.com/go-vegan/definition-veganism>  
Accessed May 2024
2. BDA Mental Health Practice Guidance: Veganism and Eating Disorders July 2019  
Consensus statement on considerations for treating vegan patients with eating disorders  
March 2019.
3. Royal College of Psychiatrists, The British Dietetic Association and BEAT: Consensus  
Statements on Considerations for Treating Vegan Patients with Eating Disorders March  
2019.
4. Gorissen, S et al., Protein Content and Amino Acid composition of Commercially Available  
Plant-Based Protein Isolates. Amino Acids 2018; 50(12): 1685-1695. doi: [10.1007/s00726-018-2640-5](https://doi.org/10.1007/s00726-018-2640-5)
5. Heiss, S., Hormes, J.M., Timko, C.A. Vegetarianism and Eating Disorders (2017).  
Vegetarian and Plant-Based Diets in Health and Disease Prevention, pp. 51-69.
6. Timko, C.A., Hormes, J.M., Chubski, J. Will the real vegetarian please stand up? An  
investigation of dietary restraint and eating disorder symptoms in vegetarians versus non-  
vegetarians (2012). Appetite, 58 (3), pp. 982-990



