

# My Vegan Diet



This form was designed by The Vegan Society to help hospital staff care for vegans.

## Being vegan – what does it mean?

Vegans avoid the use of animals as far as is possible and practicable. A vegan diet excludes all animal products, including meat, fish, milk, eggs and honey. Someone who follows a vegan lifestyle will seek to use products that do not contain animal ingredients, and have not been tested on animals.

## About me

Hello, my name is .....  
and I eat a vegan diet.

Please ensure that I have access to vegan meals, fortified plant milk and dairy-free spread. If you're not sure what is available, please speak to the housekeeper or catering manager.

|                            |  |
|----------------------------|--|
| Other dietary requirements |  |
| Dietary dislikes           |  |
| Other information          |  |

Need more information about caring for vegan inpatients? Check out [www.vegansociety.com/cateringforeveryone](http://www.vegansociety.com/cateringforeveryone)

Thanks for being vegan-friendly!