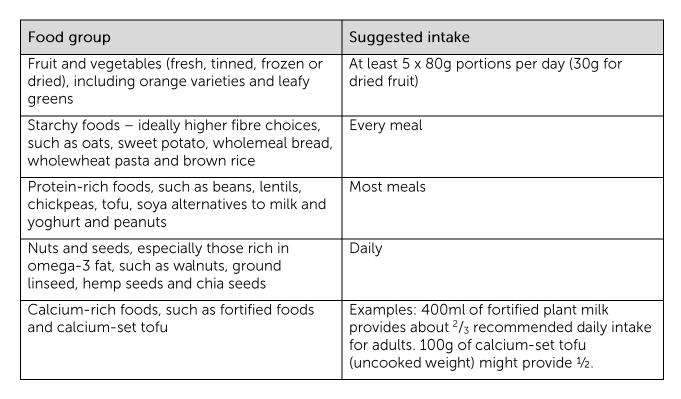
Caring for Vegan Inpatients

By Dietitian Heather Russell



Getting the balance right

Well-planned vegan diets can meet nutritional needs during every stage of life. The following advice is based on the UK's Eatwell Guide:



Nutrients that deserve special attention

It is recommended that everyone in the UK uses a vitamin D supplement during autumn and winter as a minimum. Vegans also need to ensure reliable intakes of vitamin B12, iodine and selenium. Take a look at the table below for more information:

Nutrient	Suggestions
Vitamin B12	Eat fortified foods at least twice a day providing a total of at least 3mcg (micrograms), use a daily supplement containing at least 10mcg, or use a weekly supplement containing at least 2000mcg
Vitamin D	Supplement during autumn and winter (all year if you do not regularly expose your skin to sunlight or you have darker skin). Vitamin D3 from lichen and vitamin D2 are vegan-friendly. Recommended dose is 10mcg per day.
lodine	Arguably, a supplement is the best option. Recommended intake for adults is 140mcg per day.
Selenium	Eat a couple of Brazil nuts daily or supplement. Recommended daily intakes for adults are 60-75mcg.

General guidelines issued by The Vegan Society. Please request a referral to a dietitian for individual advice about dietary concerns. Written by HAR 05/2017 Vegan nutrition θ inpatient care – The Vegan Society – Page 1 of 2



Understanding vegan needs

The definition of veganism

Vegans avoid the use of non-human 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.

Why vegan?

- It helps animals
- It reduces your impact on the environment
- Well-planned vegan diets support excellent health
- It reduces the demand for feeding crops to non-human animals

Protected beliefs

- Freedom of thought, belief and conscience is protected by human rights legislation
- Nutritional care should be provided in a way that respects equality and diversity

"When a person has specific dietary requirements relating to moral or ethical beliefs, such as vegetarianism, these requirements must be fully considered and met. Every effort should be made to meet people's preferences..." (Care Quality Commission)

Tips for ward staff

- Did you know that vegan options are suitable for most people? They can be offered to the following groups:
 - o Vegans, vegetarians and people who eat meat and fish
 - o Those trying to limit their consumption of animal products
 - o People with allergies to milk and/or eggs (if free from these allergens)
 - Vegan meals may be acceptable to people who eat Halal or Kosher food (discuss with service user)
- If someone tells you that they need vegan meals, follow these three simple steps:
 - 1. Ask them if they have any other dietary requirements
 - 2. If you're not sure what is available, speak to the housekeeper or catering manager
 - 3. Make sure that vegan spread and fortified plant milk are available
- Remember that someone following a vegan lifestyle will be concerned about animal ingredients in all products, and animal testing, but the definition of veganism recognises that it is not always possible to avoid the use of animals
- It's a great idea to offer staff training so that you can provide the best possible care for vegans