

Vegan Eatwell Guide

Check the label on packaged foods.

[illegible]

Energy transferred to water	10g	20g	30g	40g	50g
Temperature rise	1.0°C	2.0°C	3.0°C	4.0°C	5.0°C
Efficiency	4%	8%	12%	16%	20%

[illegible]

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Choose foods lower
in fat, salt and sodium

Good nutritional planning is about balancing food groups well and using fortified foods and supplementation wisely. Use the Vegan Eatwell Guide to help you get all the nutrients you need without animal products.

Water, sugar-free tea and coffee, and plant-based protein milk alternatives all count. Limit fruit juice and smoothies to a total of 16oz a day.



Walnuts
Ground flaxseed
cinnamon

Vitamin D (capsules and water-soluble)
Vitamin B12
Iodine
Selenium

100

Choose unsaturated oils and use in small amounts

Vegan Guide To Energy

Jiyuan Zhang



Vegan Guide To Energy:

Unveiling the Energy of Verbal Art: An Psychological Sojourn through **Vegan Guide To Energy**

In a global inundated with screens and the cacophony of instantaneous transmission, the profound power and mental resonance of verbal art often diminish into obscurity, eclipsed by the continuous barrage of noise and distractions. However, nestled within the lyrical pages of **Vegan Guide To Energy**, a captivating perform of fictional beauty that impulses with raw thoughts, lies an memorable journey waiting to be embarked upon. Penned by way of a virtuoso wordsmith, this interesting opus manuals visitors on a psychological odyssey, gently exposing the latent possible and profound impact embedded within the complicated web of language. Within the heart-wrenching expanse with this evocative examination, we shall embark upon an introspective exploration of the book is key subjects, dissect its captivating writing style, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

<http://www.frostbox.com/files/uploaded-files/Documents/The%20Austin%20Review.pdf>

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