

Vegan Prisoners Support Group

www.vpsg.info

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Issued to: all Catering Managers

~ working with ~

Vegan Nutrition in Prison

Simple At A Glance Guide

The vegan diet is based on fruits, vegetables, nuts, seeds, beans, pulses and cereals. Vegans avoid all animal products including meat, fish, milk, eggs and honey.

Minimum Daily Recommendations

5-a-day comprises of: Two/three pieces of fruit - apples, oranges, pears, kiwi or bananas (should contain one citrus).

The rest of the 5-a-day should include a dark green vegetable such as spring greens, cabbage or kale. The rest can be comprised of any of the following: broccoli, cauliflower, carrots, beetroot, red/green peppers, celery, peas, tomato or

cucumber.

Note. Potatoes do not count as one of the 5-a-day as they are classed amongst the starchy foods.

Beans and lentils can only be counted only as one portion, however large the quantity, as they do not contain as many vitamins/minerals as fruit or vegetables.

Minimum Weekly Provisions

Soya Milk
3½ litres of fortified soya milk (2x250ml/daily). It is important that 250ml containers of soya milk are issued because soya milk goes off quickly if not refrigerated. They are available from 3663.

Nuts

The weekly requirement of 200g (7oz) nuts should include almonds, walnuts and at least seven brazils, as well as some sunflower/pumpkin seeds.

Beans and lentils

Include peas, brown, red or green lentils, chick-peas, kidney beans and baked beans. Three heaped tablespoons or more will provide the daily requirement.

Highly processed products (e.g. TVP and soya sausages) should be limited to no more than 3-4 times a week.

Grains and root vegetables

Grains include oats,

wholemeal bread, wholemeal pasta, oats, millet, quinoa or brown rice. Root vegetables include parsnips, sweet potatoes and potatoes. 1 cup or more of cooked grains/ root vegetable will provide the daily requirement.

Oil

Rapeseed oil should be used if possible as it provides a good balance of types of fat, including omega 3. Rapeseed oil is cheap and readily available.



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Most Frequently Asked Questions

Q: Can the nut portion consist of peanuts plus one brazil?

A: No. Although peanuts are a good source of copper and manganese as well as a variety of vitamins and amino acids unfortunately they do not contain essential fatty acids as do walnuts and in our Catering Information Pack we recommend some seeds form part of this allowance such as sunflower and pumpkin.

Q: Why is it important to provide pumpkin and sunflower seeds?

A: Pumpkin seeds are an excellent source of iron and zinc and sunflower seeds are a good source of iron, magnesium as well as some calcium. It is especially important to consider providing sunflower seeds, if bananas are not provided, in order to provide magnesium.

continued overleaf

THIS YEARS AWARDS

Nominations for this year's award are invited and need to be returned with the appropriate attachments by 31st January 2008.

A nomination form is enclosed with this news sheet. Once completed it requires a copy of your current menu sheet, together with the list of supplements such as soya milk, nuts/seeds/ fruit etc and finally either a vegan prisoner, your ACM or VPSG/ Vegan Society to complete the application. Please note in order to qualify the nutritional requirements on the laminated Nutritional Requirements need to be provided.

Most Frequently Asked Questions

continued from front page

Q: I only provide 1x250ml of cow's milk to non-vegan prisoners, why do I need to provide 2x250mls of fortified soya milk to vegans?

A: 500mls of fortified soya milk is required in order to provide adequate calcium and B12 in the vegan diet, as these nutrients are not readily available in the vegan diet. Alpro is available from 3663 and is one of the most popular brands.

Q: Can I use processed products (like burgers and sausages which contain soya) every day to help provide protein?

A: No. The reason being although these soya products are a good source of protein we recommend a variety of beans and pulses.

Q: I understand the muesli in the breakfast packs is not suitable for vegans - can I make it myself?

A: Yes, Simply add any dried fruit [i.e. raisins, sultanas, dates], seeds, nuts to rolled oats.

Q: So how can I provide sufficient protein in the diet?

A: The following foods are high in protein: lentils, chickpeas, red kidney beans, black eye beans, tofu, peanuts, cashew nuts, sunflower seeds, quinoa, wholemeal flour and oats.

Q: Why do you recommend 1 brazil per day?

1 brazil nut provides the daily recommendation of selenium.

Q: Do I need to give salads to the vegans I am catering for all year round?

A: We do recommend that raw food is provided at least three times a week to include any of the following: shredded red or green cabbage, grated carrot, red/green peppers, broccoli, cauliflower, beetroot - not just lettuce, tomato and cucumber - in order to ensure sufficient vitamins and fibre in the diet. They should be accompanied by a protein so recommend any bean or lentil is added.

Q: Can I give dried fruit as part of the fruit allowance?

A: Yes, but they are much higher in sugar than fresh fruit so limit their use.

Latest Vegan Lists

Harry Yearsley

Suitable vegan items are:

- Thai Noodle Burger
- Sage & Onion Apple Grill
- Carrot & Coriander Grills
- Spicy Bean Burger [must be code 200082 as they have two versions, one of which is not vegan]
- Tomato & Garlic Sausages
- Realeat Sausages
- Large Ciabatta Sandwich
- Vegetable Samosas
- Cranberry & Apple Grill (Xmas only)
- Fruit Set: Strawberry & Apple, Lime & Apple, Raspberry & Apple, Mango & Peach Fruit Set

(updated 18.10.2007)

N.H Case

Suitable vegan items are:

- Vegetable Pie
- Vegetarian Sausage
- Breaded Vegetarian Burger
- Falafel Nuggets
- Nasigoreng Pattie
- Noodle Pattie
- Plain Tortilla Wraps
- 14 inch Deep Pan Pizza Base
- Medway frozen unbaked all-veg puff pastry.
- Also some prisons stock their Vegan Halal Veg Meals.

(updated 12.10.2007 except pastry updated 23.8.2007)

Lansdowne Fine Foods

One of the mainstays of the vegan diet is Nut Roast and we can recommend the following item which is not only cost effective, but being ambient stores well:

20 kgs Dry nut roast [rehydrate to 1.6 times the dry weight] @ **£3.75 kg**

Other items suitable for vegans are:

200g Vegetable and nut en crouete **£1.30**

200g Spicy mixed bean paste **£1.10**

1kg Chestnut and apple strudel **£10.75**

1kg Lentil and cashew nut strudel **£10.75**

Filled Roll (carrot & coriander or mushroom and cashew nut) **55p each**

Note the strudel products are also available in single portions at **£1.30 each**.

Details from:

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