

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’s definition of vegan states “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....”¹

Why do people adopt a vegan diet?

Understanding the reasons for animal food avoidance is essential⁵. Motivations may also change over time⁵. People may adopt a vegan lifestyle for the following reasons⁶:

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

Vegan diets and eating disorders:

- Veganism is not a causal factor in eating disorders; however, veganism may promote obsessive or restrictive eating in susceptible individuals^{2,5}.
- The Dietitians’ role in the treating team is to help the person with an eating disorder 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.

- Like many diets which exclude food groups, vegan diets may disguise eating disorder behaviours as they are socially acceptable and environmentally friendly, 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 experienced by people with an eating disorder.
- The BDA Practice Guidance: Veganism and Eating Disorders² 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 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.
- The BDA Practice Guidance: Veganism and Eating Disorders² 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 secondary to 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. Vegan diets cannot usually be facilitated at this time due to lack of vegan meal choices available in hospital food services, and lack of available vegan liquid supplement drinks and 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'.

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 sample plan one is designed as a maintenance plan for approximately 10MJ, and sample meal plan 2 is a repletion meal plan of 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, quorn, 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 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 lentil, 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 (>120mg calcium/100mL). Choose calcium-set tofu.</p> <p>Kale, broccoli, brussel sprouts and pak choi are the better absorbed vegetable calcium sources.</p>	<p>Non-vegan calcium supplements contain vitamin D3 which is often not vegan friendly.</p> <p>Not included as part of multivitamin options.</p>
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>ALA – chia seeds, linseed, hemp seeds, walnuts and vegetable oil.</p> <p>LA – hemp seeds, pumpkin seeds, sunflower seeds, walnuts and soy-based margarine.</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)</p> <p>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 is an inactive form so will not prevent deficiency.</p> <p>Nutritional yeast <u>may</u> be fortified with B12; check labels.</p>	<p>B12 fortification is unreliable, so supplementation is usually recommended. Toxicity is rare (water soluble).</p> <p>Included in some multivitamins, see below.</p> <p>Recommended dose:</p> <ul style="list-style-type: none"> - Daily supplementation (>10mcg) - OR weekly supplementation (>2000mcg) - OR fortified foods (at least twice/day, adding to >3mcg) <p>Higher doses than included in a multivitamin may be required if deficient (1mg/day for 2 months or via injection).</p>
Vitamin D	Dependent on sunlight exposure and vitamin D intake, can be sourced from foods. Extent of vitamin D production after sunlight exposure is 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).</p> <p>Included in some multivitamins, see below.</p> <p>Recommended doses:</p> <ul style="list-style-type: none"> - 10mcg/400IU supplement daily



Iodine	Iodine is found inconsistently in plant foods depending on the iodine content of the soil.	Use iodised salt (½ teaspoon meets daily requirements). Seaweed is a rich source of iodine, but content is variable and can be too high.	Included in some multivitamins, see below. Recommended doses: - Supplement 140mcg/day - OR 500mL milk alternative with added iodine/day - OR 2 sheets nori/day
Zinc	Zinc absorption from plant foods is lower than from animal foods. Vegan/vegetarian diets have a higher phytate content, and evidence exists that the phytate-to-zinc ratio can affect zinc absorption.	Good plant sources of zinc are legumes, nuts, seeds, oatmeal, bread, tempeh, quinoa and miso. Serve these foods with vitamin C rich foods to increase iron absorption.	Doesn't usually require supplementation in a balanced vegan diet. Not included in multivitamins, see below. RDI is 50% higher than current RDIs for non-vegetarians/vegans.
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 Psychiatrists³ 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 B2 - 1.6mg B6 – 2mg	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 Vit B12 - 2mcg Zinc – 3.5mg Folic acid – 100mcg	Buy online or in some chemists (Chemist Warehouse).

Supplement range	Contains	Comments
Naturopathica vegan supplement magnesium	Mg – 310mg	Buy online or in some chemists (Chemist Warehouse), Note, Magmin contains 500mg per tablet.
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 - 300mg	Buy online or in some chemists (Chemist Warehouse).
Ferro-grad C	Ferrus sulfate 325mg (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).

Supplement range	Contains	Comments
Bioceuticals B12 vegan spray	Vit B12 – 500mcg per spray	Buy online or in some chemists (Chemist Warehouse).

Nutritional Supplement Drinks and Enteral Feeds

There are no nutritionally complete vegan enteral feeds available in Australia. As previously mentioned, the Royal College of Psychiatrists³ 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. There are also no nutritionally complete vegan nutritional supplement drinks available in Australia.

Nutritionally incomplete vegan supplement drinks available include:

- Calogen neutral/banana (Nutricia)
- Fresubin 5kcal (Fresubin)
- 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 following a vegan diet.

- Resource Fruit 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 include alerts for foods which contain "oil" and "refined sugars" when scanning.	\$12.99
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
BREAKFAST 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"> • 3 main meals and 3 snacks per day • Include a combination of foods rich in protein, fat, and carbohydrates • Include at least 1 hot meal per day • Consider when you will purchase and prepare each meal/snack <p>Supports 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>
MORNING TEA Time: Place: Support:	100g calcium fortified coconut yoghurt (e.g., Cocobella) 1 piece of fruit	Dairy Free Up and Go (vegan friendly) 1 piece fruit	1 piece fruit 1 Carmens nut bar	
LUNCH 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	
AFTERNOON TEA Time: Place: Support:	1 piece vegan slice or 2 vegan cookies (e.g. Biscoff, Kooka's)	1 slice bread with 1 tbsp peanut butter 1 piece of fruit	2 slices vegan cheese + 8 Ritz crackers	
DINNER 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	
EVENING SNACK 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	
DAILY FLUID			VITAMIN SUPPLEMENTS Thiamine (Vit B1):	
MY GOALS			EXERCISE 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.

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Developed: March 2022

Due for review: March 2024

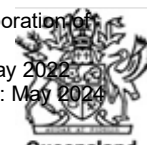
Sample Nutrition Plan Repletion (12MJ)

Mealtime	Option 1	Option 2	Option 3	Guide to Meals
BREAKFAST 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"> • 3 main meals and 3 snacks per day • Include a combination of foods rich in protein, fat and carbohydrates • Include at least 1 hot meal per day • Consider when you will purchase and prepare each meal/snack <p>Supports How will I ensure adequate serve sizes? What will I do after meals? Who will I reach out to for support (if eating alone)? What is my back up plan if I am unable to eat the meal?</p>
MORNING TEA Time: Place: Support:	200g Coyo coconut yoghurt 1 piece of fruit	Small handful nuts Dairy Free Up and Go	4 Oreo cookies 1 cup calcium fortified soy milk	
LUNCH 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	
AFTERNOON TEA Time: Place: Support:	Carmens 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 50g Roasted chickpeas / fava beans	
DINNER 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., Plantitude Black bean tofu with jasmine rice)	
EVENING SNACK Time: Place: Support:	1 cup tin fruit with 3 bliss balls (or 4 small bliss balls e.g., Carmens)	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	
DAILY FLUID			VITAMIN SUPPLEMENTS Thiamine (Vit B1):	
MY GOALS			EXERCISE 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)
Vegan snack options		
100g Coyo yoghurt	710	1.5
50g Roasted chickpeas / fava beans	960	13
Carmens nut bar range	670	4.2
1 cup calcium fortified soy milk with 2 tbsp chocolate Nesquik		
4 Oreo cookies	836	1.9
Chia pudding made with soy milk, topped with fruit and coconut flakes	1380	8
Dairy Free Up and Go (vegan friendly)	730	8.8
4 Carmens Bliss Blass (40g)	710	4
2 scoops (50g) soy ice-cream (e.g., Sanitarium So Good)	320	1.5
Kate Farms supplement drink	1358	16
Plantitude Granola Cookies (one cookie)	960	3.7
Plantitude Frozen Desserts (60g)	500	1
50g nuts	1254	7
Vegan breakfast options		
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 (Nuttelex, 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
Vegan Main Meals Protein options		
300mL lentil soup	750	9.6
3 regular falafels (e.g. Yumis)	540	3
2 x 125g tins 4 bean mix	1570	24
220g (medium tin) baked beans (e.g. Heinz, SPC)	775	10.6
4 tbs hommus	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
1 Veggie burger patty or schnitzel (e.g. Vegie Delights, V2, Beyond Meat, Made with Plants or Wildly Good)	1010	18
40g (2 slices) vegan cheese	440	4.9
Textured Vegetable protein (TVP) ¼ cup	335	12
Vegan mince ¾ cup (e.g. V2 or Vegie Delights)	750	22
Mock meat 1 cup	500	14
Seitan (wheat gluten) 1/3 cup	420	21
Nutritional yeast 2 tbsp	110	3.6
Vegan Main Meals Carbohydrate options		
1 cup cooked couscous	1000	8
Jacket potato	840	3.8
1 small tin (80g) sweetcorn	500	3.1
150g soba/rice noodles	670	7.4
125g rice (single serve packet)	840	3.4
Vegan Main Meals Fats options		
½ avocado	630	1.2
1.5 tbsp vegan mayo (e.g. Made with Plants)	540	0
2 heaped tsp margarine (Nuttelex, 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
Other High Protein / High Energy Vegan Products		
Pea Protein Powder (20g scoop)	1170	15.6
Cacao Powder (1 tbsp)	200	4.1
Besan / Chickpea flour (½ cup)	730	10.3
Almond meal (½ cup)	794	6.2
Vegan Main Meals Frozen options/Whole main meals		
Plantitude Pad Thai Tofu with noodles	2660	18
Plantitude Black bean tofu with jasmine rice	1970	15.2
Plantitude Tex Mex Jackfruit with Supergrain Rice	1750	9.3
Plantitude Green Curry Jackfruit with rice	1730	8.6
Plantitude Satay Tofu with Jasmine rice	2380	17.2

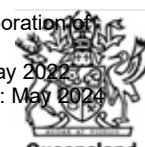


Plantitude Massaman tofu with jasmine rice	2170	13
Plantitude Panang Tofu with Rice	2230	16
Made with Plants Meat free Bangers and Mash with peas	2110	26
Made with Plants Meat free Thai Green Curry with rice	2360	27
Made with Plants Meat free Beef and Black bean with rice	2400	30
Made with Plants Meat free Butter Chicken with rice and peas	2840	29.5
Plant Asia Plant based Tender Beef (150g/half packet)	841	20
Plant Asia Plant based Chicken Skewers with satay sauce (150g/half packet)	1055	19.5
Plant Asia Plant based Roast duck (150g/half packet)	910	30
Plant Asia Plant based Roast Chicken (150g/half packet)	880	36
Natures Kitchen Lentil Bologaise with Spaghetti	1621	17.1
Plantry Pad Thai with Rice	2550	22.1
Plantry Green Curry with Rice	2390	25.9
Plantry Lasagne	1690	20.8
Plantry Butter Curry with Rice	2010	24.7
Earth Chickenless Satay, Veggies with Rice	2050	18.8
Earth Meat Free Lasagne	2550	28.7
Ruffie Butter Chicken-Less with Rice	1460	14.9
Ruffie Spaghetti and Meat Free Balls	1810	18.2

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



Calcium fortified milk alternatives	kJ/100mL	Protein (g)/100mL	Calcium (mg/100mL)
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 9/7/2021
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.

