

Catering for older vegetarians and vegans



www.vegetarianforlife.org.uk

A practical guide for care homes, retirement schemes,
and others catering for older people

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INTRODUCTION

I am thrilled to be the patron of Vegetarian for Life, because the charity's work is so important to the vegetarian and vegan community. We may be a minority in society, but there are lots of us, and we are proud to be different.

Vegetarian for Life originated out of the Vegetarian Housing Association, which, until recently, operated retirement communities for older vegetarians and vegans. In VHA homes the residents lived independent lives in self-contained flats, but they came together for their daily main meal.

Changes in society – particularly with older people being encouraged to stay in their own homes for longer – meant that the VHA concept became unviable. So, with considerable regret, VHA decided that its remaining homes had to be closed.

Nevertheless, the trustees of VHA were determined that the association's assets would be put to good use – for the benefit of older vegetarians and vegans throughout the UK. And so Vegetarian for Life was born.

Over the years VHA had realised the need for an advocacy charity to work in the interests of older vegetarians and vegans. Problems were observed when some residents moved from VHA into care, and were highlighted by the many individuals and families who contacted VHA for advice.



Rose Elliot, the UK's leading vegetarian cook and writer, has led the way in revolutionising vegetarian cooking and has played a key role in transforming the image, taste and popularity of vegetarian food.

The difficulty of finding a care home which caters satisfactorily for vegetarians or vegans seems to be a widespread problem. Several times VHA was told of life-long veggies, in the final years of their lives and no longer able to look after their own interests, having meat forced upon them by disinterested care staff.

But, it needn't be like this. It's not difficult to offer good vegetarian food – and it's 'green' and healthy! Treating older vegetarians and vegans ethically needs to be a natural objective of a good Diversity policy. This guide aims to make it easier for those who would like to achieve this objective.

Serving older vegetarians and vegans over several decades has given VHA considerable practical experience, and this experience is built into the guide. Please read it; use it practically; and seriously consider joining the VfL–UK List of establishments which welcome older vegetarians.

Committed vegetarians have chosen to show kindness to other beings – please be kind to them in their later years. Thank you.

Rose

OLDER VEGETARIANS & VEGANS

This guide provides information and advice for those providing meals for older people who are vegetarians and vegans.

It is particularly aimed at:

- Care homes
- Retirement villages and similar schemes with on-site catering
- Supported accommodation, such as very sheltered housing for frail older people
- Older vegetarians and their relatives and friends

But it may also be useful for:

- Day support and lunch clubs
- Home support – e.g. domiciliary care and meals on wheels
- The Commission for Social Care Inspection
- Councils who commission social care services for older people
- Hospitals and hospices (although VfL plans to publish a guide for hospitals in the future)

A survey in 2007 by the Food Standards Agency showed that people who are completely vegetarian make up around 2% of the population – which is about 1.5 million – and a further 7% are ‘partly

vegetarian’, making around 5.5 million in total.

Furthermore, Food Industry research shows that 45% of the population can be classified as ‘meat-reducers’. So, providers of support to older people will definitely encounter service users who are interested in the vegetarian option.

Those catering for older people will be familiar with trying to serve meals reflecting preferences, choice, and individual needs. The Commission for Social Care Inspection’s 2006 Bulletin *Highlight of the Day?* was very useful in highlighting the general issues. But it only touched tangentially on vegetarianism.

This guide aims to give care homes and others catering for older people useful guidance to help them respond to the specific needs of vegetarians and vegans.

There is a growing recognition of the importance of nutrition in care settings. In November 2006 the Government launched its *Dignity in Care* campaign and this states:

“High quality health and social care services should be delivered in a person-centered way that respects the dignity of the individual receiving

**Oh, by the way,
the new arrival's
a vegetarian...**

If you're in charge of catering, and despite your best intentions, these words are likely to cause an immediate response: one that is quite possibly negative!

But, don't despair. With a little thought and planning, vegetarians and vegans need not create a lot of extra work. This guide makes it easier to make meals an enjoyable experience for your vegetarian or vegan diners. Perhaps you'll get a few tips to help in catering for your non-vegetarians too?

them. Unfortunately, older people are not always treated with the respect they deserve."

Being vegetarian can mean receiving a monotonous and unbalanced diet of omelettes and macaroni cheese. Use of this guide should prevent that happening. Vegetarian for Life is committed to ensuring that older vegetarians and vegans receive a nutritionally balanced and enjoyable diet of their choice.

This publication is aimed primarily at residential settings, but most of the guidance is transferable to settings where older people receive just one meal a day, such as lunch clubs.

■ Why does anyone become vegetarian or vegan?

The main reasons why someone chooses to be vegetarian or vegan are:

- Animal welfare
- The environment
- Health
- Religious, spiritual and moral beliefs

Intensive farming methods can be very cruel; there is no doubt that a vegetarian diet is kinder to the environment; and there's mounting evidence that vegetarians are healthier than meat-eaters, therefore making less call on the health service. Any principle that is central to a person's belief-system should be respected. Vegetarianism is particularly important in the Hindu, Buddhist, Rastafarian and Jain faiths. Also, considerable numbers of Quakers are vegetarian.

Older vegetarians and vegans have chosen their lifestyle for good reasons. They decided to live a life that is kinder: kinder to animals, kinder to the planet and kinder to themselves.

If you are interested in finding out more, including the research background supporting the vegetarian choice, please contact either The Vegetarian Society or The Vegan Society, who will be very pleased to help you. Contact information is given at the end of the guide.

CATERING FOR OLDER VEGETARIANS

Vegetarians do not eat fish! People who eat fish but not meat make a reasonable choice, but they are not vegetarians – even if that’s how they describe themselves.

VEGETARIANS DON'T EAT

Meat

Fish

Shellfish

Products derived from dead animals (e.g. gelatine, suet, aspic)

VEGANS DON'T EAT

Everything on the vegetarian list or anything else from an animal source, including:

Milk, cheese and other dairy products

Eggs

Honey

OK – so this is what vegetarians and vegans don't eat – **but** it leaves plenty of choice.

Variety – in food – really is the spice of life. That's true for all of us, including vegetarians. When it comes to catering for older veggies the same sensible considerations apply as when catering for older meat-eaters:

- Acceptance that our bodies, tastes and appetite change as we grow older
- Following Care Home Regulations
- Communication
- Presentation
- Balance and planning

This guide expands on these subjects, with specifics relevant to older vegetarians and vegans.

■ The ageing body

Our bodies change as we age.

Appetite

Older people tend to be less active and have smaller appetites. There is often a gradual decline in smell and taste. But these senses trigger the body for food – so hunger isn't experienced so acutely. This makes good presentation really important.

Teeth

Many older people have dentures or missing teeth, so please establish the areas of difficulty for individuals, such as 'al dente' vegetables or seeds.

Digestion

Vegetarians often have more robust digestive systems than meat-eaters. But some foods become more difficult to digest as we get older e.g. radish, raw cabbage, beans and cucumber skin. Go easy with the known culprits. But talk to those you cater for and be aware of their individual needs.

Fibre

Constipation tends to be a problem for older people generally, but, on the plus side, veggies tend to suffer less than meat-eaters. A balanced vegetarian diet contains plenty of fibre. Wholemeal bread, brown rice and pasta are better health-wise, but if an older veggie prefers the 'white' variety, you don't have to worry too much about fibre intake. Alongside a high fibre diet it is important to ensure a plentiful intake of fluid.

■ Regulation

Care homes in England must register with the Commission for Social Care Inspection and are required to follow the Care Homes Regulations 2001.

The regulations and National Minimum Standards include:

- Taking into account service users' wishes and feelings
- Ensuring the dignity of service users...with due regard to religious persuasion and cultural background
- Recording the food provided in sufficient detail to enable an inspector to determine whether the diet is satisfactory
- Recording details of any special diets prepared for individuals
- Providing adequate quantities of suitable, wholesome, nutritious food which is varied and properly prepared
- Catering for religious or cultural dietary needs as agreed at admission and recorded in the care plan
- Offering a choice of meals, with a regularly changed menu which is

given, read or explained to service users

- Ensuring that mealtimes are unhurried

The aim of this guide is to build on these standards, which are equally applicable throughout the UK, with particular reference to older vegetarians and vegans.

■ Communication

Good communication makes everyone's life easier.

- A vegetarian does not automatically like all vegetables and fruit.
- It's a simple matter of respect to discuss individual preferences
- Food intolerances and medical restrictions should be recorded in the individual's care plan
- A blackboard or printed menu giving notice of meals is important – so that potential problems can be sorted out in advance
- If service users are no longer able to communicate clearly, it is important to take advice from relatives or friends and to try to respect principles held in healthier times – without over-riding the service-user's right of choice.

■ Presentation

It is essential that meals look appetising to counter reduced appetites.

Portions

To someone with a small appetite a huge pile of food can be off-putting – so don't overfill plates.

Colour

Macaroni cheese, potato and cauliflower may taste delicious, but, on the same plate, it's a visual disaster. A mix of colour tells the body to be hungry. Use parsley, tomatoes, strawberries, blackberries, or mint leaves to add colour. And not all vegetables are green.

Surroundings

Fresh flowers, pretty table mats, fruit on the side are little touches that can make a difference to a dining room.

Relaxation

Why not serve coffee and teas after the meal, and encourage your diners to linger and socialise over mints and chocolates (checking they are vegetarian or vegan)?

Highlight of the day?

In the best-run homes mealtimes can be the highlight of the day – with relatively easy attention to detail.

■ **Balance & Planning**

It is important for all of us – including vegetarians or vegans – to be given a well-balanced diet. Following the advice in this guide will help, and genuine variety should achieve a reasonable balance of protein, carbohydrate, fat and fibre, with good vitamin and mineral content.

It is important that older people eat enough to cover their energy and nutritional requirements. So, in view of reduced appetite, a nutrient-dense diet is the caterer's challenge. Fortunately this is one which is probably easier to rise to for older vegetarians than for meat-eaters.

It's a good idea to have a written plan of menus for, say, the week ahead. For really good variety you can work to a four week plan – repeated over three months. (Not longer, as you should make seasonal changes.)

It's worth remembering that dairy and soya products provide complete protein, whereas nuts, seeds and pulses don't. These need to be combined with grains to complete the necessary amino acid profiles. This can be done over a period of 24 hours, however, so porridge or toast in the morning and chickpeas or lentils in the evening count as making up complete protein.

In a typical week's menu try to ensure that you include a good mixture of:

Root vegetables

Green vegetables

Salads & other vegetables

Fruit – fresh & dried

Bread

Rice & pasta

Pulses (beans, lentils etc)

Nuts & Seeds

Meat substitutes

(soya protein, tofu & Quorn*)

Cheese*, milk* & other dairy products*

Eggs*

**not for vegans*

The Vegetarian Society publishes *The Plate of Good Health* showing how much food should come from each food group for a well-balanced vegetarian diet.



■ Tips for busy cooks

- Keep it simple, and avoid dishes that have to be served instantly.
- Some vegetarian dishes require soaking of legumes etc. Forget them. (But remember – most beans are readily available in cans.)
- A vegetarian recipe may be enjoyed by your meat-eaters. Variety is good for everybody.
- There are many ready-made vegetarian meals available. But a lot of these do include eggs or dairy, so are not suitable for vegans.
- Vegan ready meals are also available – they just require more careful sourcing.
- If serving meat pie and veg, why not put a vegetarian pie in the oven at the same time (on a separate baking tray, please). The list of veggie alternatives is endless, and can often tie in with your meat-eaters' choice, using the same

accompaniments. Even Sunday lunch can be easy, using vegetarian substitutes for roast meats.

- Some older vegetarians and vegans try to avoid vegetarian 'alternatives' to meat – preferring food that does not 'pretend' to be something else. So, again, please communicate.
- Many recipes can be modified to produce a vegetarian alternative with little extra work. Substitute mushrooms for ham in quiche lorraine; use soya mince or lentils in cottage pie; use vegan fats or vegetarian mincemeat.
- Make full use of your freezer. Make larger quantities and freeze extra portions to save time on another day.

■ Fresh and seasonal

Even when serving a ready-made dish, the vegetable or salad accompaniment can be fresh. Try to

use seasonal produce, especially if it's local. The bonus is that it's cheaper, and tastes better. Of course, seasonality in produce relates to what the body wants: salads when it's hot, and mashed potato and swedes when it's cold.

■ Dairy over-load

A problem vegetarians often face is the caterers' tendency to see cheese as the obvious source of protein in a meal with no meat or fish.

There are so many alternative sources of protein – nuts, pulses, tofu etc – that the omnipresent cheese shows a lack of imagination as well as discrimination against vegans!

Dairy produce should not be eaten to excess: whilst they have nutritional value many dairy products have a high degree of saturated fat (although using skimmed or semi-skimmed milk reduces fat intake).

■ World Cuisine

When vegetarians in their 80s or 90s are asked what sort of food they like, the answer often includes 'nice, plain food'. People whose formative years were in the UK before the 1970s had little exposure to the international influences which now enrich our diet.

Many vegetarians tend to be adventurous in their food; but some older vegetarians, like older people generally, can view more exotic foods with suspicion. Hot spices can be difficult for some older people – so it's worth finding out the preferences of those you are cooking for.

The Asian community traditionally cares for its older generation within the extended family, but, in the UK, this community is making increasing use of care facilities. A higher proportion of Asians are vegetarian, so this will lead to a growing demand for ethnic vegetarian meals. And over the next few decades more care service-users generally are likely to want ethnic food regularly. VfL will include 'world cuisine' choices within its Recipe Service – see later.

■ Tofu – it's wonderful

Tofu is top of the class for protein value and digestibility and is readily available. It's made from soya beans and absorbs flavours around it. It can take on 'meaty' qualities or 'creamy', dairy-like qualities and can be added to vegetable dishes to boost protein intake or liquidised into soups. It's a brilliant ingredient when catering for vegans – and well worth getting to know.

■ Drinks

The effects of too much caffeine from tea or coffee are well known, and many older people find sleeping difficult. Decaffeinated alternatives are readily available and many vegetarians like fruit and herbal teas.

Please, always have water available. Liquid intake is very important for older people who may become dehydrated even though not feeling thirsty.

Remember, vegans do not have cows' milk in their hot drinks. Soya

Diversity & Inclusivity – The ‘world party’

The vegan diet is the most universally acceptable. If you hosted a party with a representative from each of the world’s religions and cultures, you could be fairly sure of not offending any dietary codes by offering vegan food. So why not feed everyone a vegan meal once in a while? It’s genuinely healthy; you’ll add to variety and you’ll be well within budget.

milk is a wonderful alternative, and there are others, like rice and oat milks. Choose brands with added calcium and vitamin B12, which are especially good for older vegans. A little care is needed in adding soya milk to hot drinks as it may curdle.

■ Puddings

A common misconception is that veggies are such health freaks that they turn up their noses at sticky toffee pudding. Not so! Generally food with high nutritional content is preferable – so stewed fruits, fruit salad, yoghurt are good regular puddings. But ‘a little of what you fancy does you good’ – occasionally. It’s a case of a sensible balance.

A cautionary note: jellies are often made with gelatine, which is derived from bones or hooves. Excellent veggie jellies and gelatine alternatives (for mousses etc) are readily available.

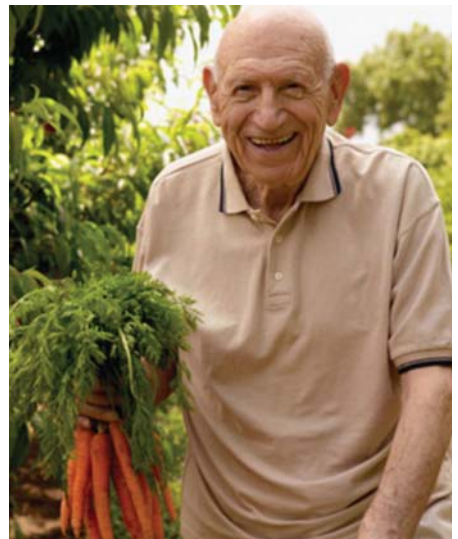
■ Please don’t cheat!

Please, please, please – don’t ever think ‘Oh, they’ll never know I made this pastry with lard’ or ‘I’ll use this tasty meat stock for the tomato soup’. It is much better to be honest, and if the mince pies have animal suet in them, please say so. It is a

betrayal of trust to slip in an ingredient which you know would cause upset.

■ In conclusion

Vegetarians and vegans are a lot easier to cater for now than 20 years ago. There are so many products widely available and easy to prepare. Vegetarianism is now much more main-stream, and the health benefits of a good veggie diet are well recognised. So, expect to see more and more relatively healthy, older vegetarians and vegans – and please do your best to keep them that way!



VEGETARIAN FOR LIFE – UK LIST

We hope you may consider joining the Vegetarian for Life – UK List. It's free, and all you have to do is to follow the VfL Code of Good Practice, which ensures that you cater well for older vegetarians, and in an ethical way.

The Code is shown below. An Application Form was probably sent with this guide, but can also be downloaded from our website or mailed on request.

The VfL – UK List will be widely available to vegetarians and vegans, their families and carers throughout the UK, including on the VfL website. Apart from helping you to achieve your diversity targets it can also bring extra business! Remember the statistics quoted in the Introduction. A lot of people want vegetarian food. And if they need a care home or a retirement community they will be attracted to those on the list.

CODE OF GOOD PRACTICE

This advice is provided as a best practice guide. Members of the Vegetarian for Life – UK List undertake to operate within its spirit, in order to provide ethical catering for older vegetarians. They may also choose to include provision for older vegans.

Vegetarian dishes must not contain:

- animal flesh (meat, fish or shellfish)
- meat, fish, or bone stock, or stock cubes containing same
- animal carcass fats (including suet, lard or dripping)

So, catering for older vegetarians and vegans can be:

- Good for 'business' (higher occupancy levels)
- Good for improving your *Diversity*
- Good for health
- Good for the environment
- Good for animal well-being.

That can't be bad!

- gelatine, gelatine-based jelly, or aspic (jelly made from meat stock)
- products with ingredients derived from slaughterhouse e.g. lard, or calf rennet in cheese.

Battery or intensively produced eggs should be avoided wherever possible. Please consult individual residents regarding their attitude on eggs.

Vegan dishes must not contain:

- anything on the vegetarian list above
- dairy products including cheese, milk, butter, cream and yoghurt
- eggs
- honey

Stumbling Blocks

Cheese

Traditionally cheese was made using rennet, an enzyme extracted from the stomach of slaughtered calves. But today most UK cheese is vegetarian. If in doubt, please ask your supplier. Cheese products are never suitable for vegans. Vegan cheese-alternatives are available in some stores.

Fats, Oils and Margarine

Butter is suitable for vegetarians, but not for vegans. Other animal fats and fish oils, and products containing them, are unsuitable for either. There are many margarines suitable for both vegetarians and vegans – usually clearly indicated on the container.

Gravies and Stock

Cubes or powders containing meat, poultry or fish extract are not acceptable. Please use vegetable stocks and stock cubes.

Honey

Royal jelly is not vegetarian. Honey is acceptable to vegetarians but not vegans.

Milk and Cream

Milk and cream are acceptable to vegetarians, but not to vegans. Soya milk is readily available in supermarkets and is good for most vegans. Rice, nut and oat milks are also available for those who do not like soya.

Worcester Sauce

Usually contains anchovies, but vegetarian versions are available.

Toiletries

The majority of vegetarians and vegans have adopted their lifestyle due to concern for animal suffering. If you provide soap, shampoo and similar products, please try to ensure that they are animal-free and have not been tested on animals.

■ Kitchen Hygiene

Work surfaces, chopping boards, utensils and other kitchen equipment should either be kept separate from those used for non-vegetarian food preparation, or cleaned thoroughly before being used to prepare meals

for vegetarians and vegans. Cross contamination should also be avoided between vegetarian and vegan foods.

Please ensure that fryers, grills and griddles used for preparing meat and fish are thoroughly cleaned. Fryers must be filled with fresh,

uncontaminated oil before vegetarian or vegan food is cooked.

■ Choice

- For each meal you should offer at least one vegetarian option.
- Good communication with your vegetarian residents or service-users should ensure that individual preferences are observed. (If necessary – for frail or vulnerable vegetarians – family or friends should be consulted to ascertain preferences).
- Menu planning should ensure a good variety of food of high nutritional value – with an appropriate mix of carbohydrate, protein, fat and fibre – providing at least 5 portions a day of fruit or vegetables. ‘Dairy-overload’ should be avoided. (More guidance is contained elsewhere in this guide.)
- We would encourage you to offer

Listing Options

All Members of the VfL – UK List accept our guidelines for vegetarian provision. We would encourage Members to also agree to their listing including the following symbols:

(Vg) Members agree to adhere to the guidelines for vegan provision

(F) All eggs used are free range and, wherever possible, any ready-made products used contain free range eggs

your meat-eaters the vegetarian options – which will be good for the variety and nutritional needs of their diet.



MENU PLANNER

Vegetarian menu ideas for a 4 week cycle are shown in the tables on the following pages. Please note:

- We are not suggesting that you follow this planner specifically. It is intended to show how easy it is to cater for vegetarians, with variety and nutrition taken into account.
- The menus are examples only, and cover a mixture of seasons
- A good daily nutritional balance, and great food variety over each week, is aimed for.
- Alternatives can be substituted, including ready-made foods
- All the meals can be served to non-vegetarians – and many are designed so they can be prepared alongside similar non-veggie meals
- Items such as shepherd's pie, sausage, bolognese etc – mean the vegetarian versions!
- The meals marked * are featured in the Recipes section of this guide

If the evening meal is the main one of the day, the menus can be reversed.

Breakfast Ideas

If you offer cooked breakfasts – even the ‘full British’ – vegetarian and vegan alternatives are not a problem. Veggie sausages and bacon combine perfectly with mushrooms, beans, hash browns, grilled tomatoes and eggs or tofu scramble*.

More likely you normally serve a cereal-based breakfast, perhaps with

toast and fruit juice. It's easy to have soya milk and vegan margarine available for vegans. Breakfast can be made more interesting by including:

- Instead of ‘regular’ branded cereals – granola, good quality mueslis, ‘soaked’ (overnight) oat flake and fruit mixes, porridge
- Instead of fruit juice – grapefruit, prunes, fruit salads, dried fruit compote

Salads

So often, in Britain, a mixture of lettuce, tomato and cucumber is served as ‘salad’ and is thrown away because it is bland and boring. Salads can be varied and attractive, and should be a regular feature of good catering. They should always include raw foods, but can also include cooked vegetables, pasta and grains. Salad ‘recipes’ are a little prescriptive and restrictive. Just vary salads endlessly – no two need be the same.

The following planner is for vegetarians, not vegans. Nevertheless, many of the meals mentioned are vegan, or have vegan versions, and a number of the foods mentioned, like yoghurt and cheese have vegan alternatives. A 100% vegan version of the planner is available from the VfL Recipe Service (via VfL website, phone or mail).

The meals marked * are featured in the Recipes section of this guide

WEEK 1

	Lunch	Evening Meal
Monday	Mushroom stroganoff with herb topping, rice, peas. Chocolate éclairs	Baked potato, cottage cheese, date & orange salad. Fresh fruit
Tuesday	Vegetable quiche, chips, mixed salad. Stewed apples & raisins	Tomato & basil soup, croutons. Lemon meringue pie
Wednesday	Cheese & parsnip roast*, new pots, broccoli. Jam sponge & custard	Hummus, pitta bread, raw veg strips. Date & walnut slice
Thursday	Country Cottage Pie*, cabbage. Yoghurt & mixed berries	Scrambled egg & baked tomatoes, or tofu scramble*, toast. Fruit pie
Friday	Baked bean omelette, chips, green salad. Rice pudding	Macaroni soup, bread roll. Banana split, ice cream
Saturday	Stuffed peppers, green bean salad. Pear & cinnamon crumble, custard	Vegetable pasty Melon boats, fruit cocktail.
Sunday	Nut roast, roast pots, carrots, sprouts. Apple pie, ice cream	'Ham' & salad sandwiches. Victoria sponge

WEEK 2

	Lunch	Evening Meal
Monday	Vegetarian pizza, side salad. Fruit yoghurt	Carrot & coriander soup, crusty bread. Banana, apricot & walnut muffins*
Tuesday	Pasta 'bolognese', sweetcorn & beetroot salad. Ginger cake	Avocado & egg salad. Fruit trifle
Wednesday	Bean burgers, chips, green salad. Fresh fruit salad	Macaroni cheese. Eccles cake
Thursday	Vegetable lattice, potatoes, broccoli. Strawberries & cream	Lentil & vegetable soup*, bread roll. Cheese & biscuits
Friday	Cauliflower cheese, baked pot, peas. Apricot & blueberry crumble	Vegetable samosas, coleslaw. Carrot cake
Saturday	Tofu loaf*, ratatouille. Stewed rhubarb, yoghurt	Pasta salad*, garlic bread. Egg custard
Sunday	Mushroom pate en croute*, pots, beans, carrots. Chocolate sponge	Egg & cress sandwiches. Fruit tart

WEEK 3

	Lunch	Evening Meal
Monday	<i>Florida cocktail. Mushroom goulash, rice, peas</i>	<i>Potato wedges, hummus & salad. Toasted teacake and jam</i>
Tuesday	<i>Toad in the hole, mash, carrots, peas. Stewed apple & blackberry, custard</i>	<i>Mixed Berry & Fennel Salad.* Fruit cake</i>
Wednesday	<i>Almond & vegetable korma*, rice. Chocolate chip ice cream</i>	<i>Curly kale & potato cakes with carrot & cabbage salad.* Fruit pancakes</i>
Thursday	<i>Lasagne, mixed salad. Spiced apple cake</i>	<i>Baked potato, baked beans. Apple flapjack</i>
Friday	<i>Roasted Mediterranean vegetables & cashews, oven chips. Kiwi fruit salad.</i>	<i>Cheese & onion pasty, tomato salad. Apricot fool</i>
Saturday	<i>Herby sunflower pudding*, chips, baked tomato. Poached figs</i>	<i>Salad stuffed ciabattas. Pecan pie</i>
Sunday	<i>Roast 'turkey', roast pots, carrots, peas. Fresh fruit</i>	<i>Cheddar ploughman's, celery, tomatoes. Apricot mousse</i>

WEEK 4

	Lunch	Evening Meal
Monday	<i>Shepherd's pie*, cabbage, butter beans. Dried fruit compote</i>	<i>Sweetcorn chowder*, bread roll. Parkin</i>
Tuesday	<i>Moussaka, broccoli, baked tomatoes. Strawberry shortcake</i>	<i>Nutty carrot soup* with savoury biscuits. Fruit loaf</i>
Wednesday	<i>'Big' salad with egg/cheese or nuts, new potatoes. Sultana sponge</i>	<i>Garlic mushrooms on toast. Meringue nest with raspberries</i>
Thursday	<i>Bean 'potato' cakes*, broccoli, carrots. Chocolate mousse</i>	<i>Baked sweet potato with natural yogurt & cinnamon. Fresh fruit</i>
Friday	<i>Spaghetti with roast veg & lentils*, sweet pepper salad. Grilled grapefruit</i>	<i>Poached egg, baked beans, toast. Fruit scone & jam</i>
Saturday	<i>Nut roast*, courgettes. Baked apple with dates & marmalade</i>	<i>Vegetable ravioli. Banana yoghurt*</i>
Sunday	<i>Vegetable crumble, roast parsnips, peas, carrots. Fruit flan</i>	<i>Cheese & tomato toasted sandwich. Cherry cake</i>

RECIPES

We only have space in this guide to give a few recipe ideas. More recipes are available from the VfL Recipe Service, which includes lists of recommended vegetarian and vegan cookery books, and some recipes suitable for one person.

Special thanks go to Rose Elliot and her publishers BBC Books for permission to reproduce the recipes taken from Rose's 'Low-GI Vegetarian Cookbook'. Other useful recipes and details of Rose's books can be found at www.roseelliot.com

And to Patricia Perry and her publisher Jon Carpenter for permission to reproduce recipes from her book 'Meals for Older People – Recipes with the Health of the Elderly in Mind'.

TOFU SCRAMBLE

Serve on toast by itself, as a light meal, or as part of a cooked breakfast.

SERVES
4

Ingredients

- 1 pack firm tofu, about 350g
- 1 onion – chopped
- 2 peppers, diced (mixed colours)
- Handful of chopped mixed vegetables. A recommended selection is: mushrooms, tomatoes, diced cooked potato, and sweet corn.
- 2 tbsp chopped fresh herbs (parsley, basil or coriander)
- 2 tsp soy sauce
- 1 tbsp nutritional yeast flakes (optional) *
- Pinch of turmeric

Method

1. Sauté onion in a little oil, add peppers and other vegetables and continue until lightly cooked.
2. Crumble tofu through hands into pan. Add soy sauce, turmeric and yeast flakes. Cook for about 5 minutes until water from tofu has largely cooked off and consistency is like scrambled eggs.
3. Add herbs and season to taste.

* Nutritional yeast flakes is a vegan food with cheesy, nutty flavour, rich in vitamins and minerals. It is very versatile and can be added to liquids such as milk, fruit and vegetable juices. It's useful for making vegan 'cheese' sauces and to add to soups, casseroles and salads.

Rose Elliot's LENTIL & VEGETABLE SOUP

Here, for a change, is an English-style lentil soup, and very comforting it is too. This makes a huge pot so you can keep some in the fridge or freeze it. But by all means reduce the quantities if you wish.

SERVES
10

Ingredients

2 onions, chopped
2-3 carrots cut into small dice
2 celery sticks, cut into small dice
1 small leek, chopped
2 tablespoons olive oil
500g (1lb 2oz) split red lentils
250ml can sweetcorn (no added sugar)
2 tablespoons tamari or soy sauce
1-2 tablespoons freshly squeezed lemon juice

Method

1. Fry the onion, carrots, celery and leek in the oil in a large saucepan, covered, for 10 minutes, until beginning to soften, stirring often.
2. Add the lentils and 2.5 litres (4 pints) of water. Bring to the boil, then leave to simmer gently for 15-20 minutes until the lentils are pale and soft.
3. Remove 2-3 cupfuls of the soup and blend the rest, roughly, in a food processor or with a stick blender. Put the reserved cupfuls of soup back.
4. Add the sweet corn, tamari or soy sauce and lemon juice, salt and pepper – white pepper is nice in this – to taste.

SWEETCORN CHOWDER

Ingredients

SERVES
4-6

1 sliced onion
225g / 8oz sweetcorn
1.2 litres vegetable stock
1 tbsp vegetable oil
1 clove garlic – pressed
2 medium potatoes
2 sticks celery
1 tsp celery salt
1 tbs chopped parsley
½ tsp paprika
Cream or soya cream

Method

1. Gently fry the onion and garlic in the oil for 2 minutes.
2. Add the celery, raise the heat and cook for 5 minutes.
3. Add the stock, sweet corn and potato and boil until tender.
4. Liquidise; reheat; add paprika, chopped parsley and seasoning and serve with a little cream.



Vegan Society's NUTTY CARROT SOUP

SERVES
10

Ingredients

2.8 litres / 5 pints vegetable stock
400g / 14oz chopped onion
1.25kg / 2.5lb chopped carrot
285g / 10oz peanut butter
5+ tbsp lemon juice
Salt and pepper – to taste

Method

1. Bring vegetable stock to the boil in a pan.
2. Add onion and carrot and bring back to boil.
3. Simmer for 20 minutes or until carrot is very soft.
4. Stir in peanut butter until dissolved.
5. Liquidise, then add lemon juice, salt and pepper to taste. Serve immediately.

PASTA SALAD

SERVES
4-6

Ingredients

175g / 6oz penne or fusilli
(cooked potato or rice are suitable alternatives)
2 tbsp mayonnaise
1 tbsp finely chopped onion
4 sticks finely chopped celery
2 skinned chopped tomatoes
Chopped watercress or mixed fresh herbs
1 chopped red pepper (can be tinned or roasted)

Method

1. Cook the pasta according to instructions.
2. Add the onion to the mayonnaise and mix this into the pasta with the remaining ingredients.
3. Season with celery salt, pepper and lovage leaves (optional).





Cordon Vert's BLACKBERRY, RASPBERRY & FENNEL SALAD

Ingredients

50g walnuts

1/4 cucumber

1/2 fennel, very thinly sliced / shredded

85g / 3oz watercress, thick stalks removed

1 round green lettuce, washed and dried

150g / 5oz blackberries, washed and dried

150g / 5oz raspberries, washed and dried

150g silken tofu*

5 1/2 tbsp good quality French dressing

1 slightly rounded tbsp caster sugar

Method

1. Preheat oven to 200°C / 400°F / Gas mark 6. Spread walnuts out on a baking tray and put in hot oven for about 4 minutes until

SERVES
4

lightly roasted. Remove from oven and cool.

2. To make the dressing: Drain the silken tofu by putting it in a bowl lined with kitchen paper and patting dry. Transfer French dressing to a small liquidizer together with the silken tofu and the caster sugar. Blend for about 30 seconds until creamy. Put into a bowl ready to serve.
3. Continue with the salad: Cut the cucumber in half lengthways, and then thinly slice to make half-moon slices. Mix these with the fennel and watercress
4. Arrange whole green lettuce leaves on four plates, and pile the cucumber mixture on top. Scatter with the blackberries, raspberries and roasted walnuts and serve, passing the dressing round separately.

*available from larger supermarkets and health stores

Cordon Vert's CURLY KALE & POTATO CAKE

Ingredients

500g / 18oz baking potatoes, peeled, cut into large pieces
 200g / 7oz trimmed leek(s) finely chopped
 75g / 2.5oz curly kale, finely shredded
 50g / 2oz butter
 2 tsp caraway seeds
 1 tsp paprika
 3 tsp wholegrain mustard
 2 medium free range egg yolks
 2 tbsp crème fraiche
 100g cheddar cheese, thinly sliced

SERVES
4

Method

1. Bring the potatoes to boil in a medium sized saucepan and then

simmer slowly for 30 minutes until cooked. Drain and dry slightly in the pan before mashing or putting through a potato ricer.

2. Sauté the leek and kale in half the butter until soft. Add the spices and cook for a further 2 minutes.
3. Mix together the potato, vegetables, mustard, egg yolk and crème fraiche in a large bowl, and then form into 4 large cakes (or 8 small ones).
4. Heat the remaining butter in a large non-stick frying pan and gently cook the potato cakes on both sides until dark golden and crispy.
5. Top the cakes with the cheese and place under a hot grill until melting.

Serve with a shredded white cabbage and carrot salad (or as a side dish with veggie sausages).



Rose Elliot's BEAN 'POTATO' CAKES

SERVES
4

Ingredients

- 1 large can of white beans (without added sugar)
 - 1 chopped onion
 - 1 tablespoon of olive oil
 - 1 tablespoon of water or soya milk
- Seasoning

Method

1. Make some Bean 'Mash' as described below. Vary the mixture as you wish with chopped parsley, drained canned sweet corn (without added sugar) or even chopped cooked cabbage for a beany bubble and squeak.
2. Form into 'cakes': you will get about three from one can. They hold together best if you bake them.
3. Place them on an oiled baking sheet, and then turn them over so that the tops are coated with oil.
4. Bake at 200°C / 400°F / Gas Mark 6 – for about 25 minutes, turning them after about 15 minutes.

Bean mash method

1. Drain can of beans well, butter beans work particularly well
2. Fry chopped onion in olive oil and puree with beans in food processor or simply mash
3. Add one tablespoon of water or soya milk for each can of beans (quantities can be easily varied to suit numbers served)
4. Add salt, pepper, herbs etc to taste and whiz or beat again until thick and creamy

Vegetarian Society's MUSHROOM STROGANOFF WITH HERB CRUMB TOPPING

SERVES
4-6

Ingredients

- 675g / 1½ lb potatoes, peeled and cut into chunks
- 150ml / ¼ pint full fat milk
- 15ml / 1 tbsp fresh herbs of your choice i.e. parsley, sage, thyme etc
- 15g / ½ oz butter or margarine
- 450g / 1lb assorted mushrooms, roughly chopped
- 2 cloves garlic, crushed
- 150ml / ¼ pint double cream
- Seasoning to taste
- 25g / 1oz butter or margarine
- 50g / 2oz fresh white breadcrumbs
- 30ml / 2 tbsp fresh parsley

Method

1. Boil or steam the potatoes.
2. For the filling, melt the butter or margarine in a frying pan, add the mushrooms and garlic and cook gently for 5 minutes. Stir in the cream and season to taste. Keep covered, on a gentle heat.
3. For the topping, melt the butter in a pan and stir in the breadcrumbs, herbs and seasoning. Stir continuously for 5 minutes until breadcrumbs are golden brown.
4. When the potatoes are cooked, drain and return to the pan. Heat the milk, pour over the potatoes and mash well. Season to taste and stir in the herbs.
5. Serve individually by placing equal mounds of mash on each plate, spoon the mushroom stroganoff on top and finish by sprinkling over the golden herbed breadcrumbs.

Vegetarian Society's COUNTRY GARDEN COTTAGE PIE

SERVES
4

Ingredients

900g / 2lb potato, mashed
2 tbsp vegetable oil
1 medium onion, chopped
175g / 6oz green lentils
1 clove garlic, crushed
110g / 4oz grated vegetarian
cheddar cheese
2 carrots, diced
1tbsp tomato puree
1 medium green pepper, diced
110g / 4oz mushrooms, sliced
1 tsp dried basil
pinch cayenne pepper (optional)
salt and pepper

Method

1. Cook the lentils in plenty of water until just soft, drain, but save $\frac{1}{2}$ pint of the cooking liquid.
2. While the lentils are cooking sauté the onion, garlic, basil and cayenne in the oil until soft but not brown.
3. Add the carrot, pepper and mushrooms. Cover and cook over a low heat for 10 minutes or until the carrot has softened.
4. Add the cooked lentils, tomato puree and seasoning. If the mixture is very thick add a little of the reserved cooking liquid from the lentils.
5. Cook for a further five minutes, transfer to an oven-proof dish, cover with mashed potato and sprinkle the grated cheese on top.
6. Bake for 30 minutes at 190°C / 375°F / Gas Mark 5, until the top is golden brown.

Rose Elliot's MUSHROOM PÂTÉ EN CROUTE

SERVES
8

A pâté or terrine of mushrooms and nuts wrapped in puff pastry is wonderful for a special meal.

Ingredients

2 large onions, chopped
2 tablespoons olive oil
2 garlic cloves, chopped
250g / 9oz chestnut mushrooms, sliced roughly
225g / 8oz cashews, powdered in a food processor or coffee grinder
225g / 8oz ground almonds
225g / 8oz whole meal breadcrumbs (stone-ground or very high fibre)
2 tablespoons soy sauce
2 tablespoons lemon juice
2 teaspoons dried tarragon
1 teaspoon yeast extract
500g / 1lb 2oz puff pastry
Beaten egg or soya milk, for brushing

Method

1. Preheat the oven to 200°C / 400°F / Gas Mark 6.
2. In a large saucepan, fry the onions in the olive oil for 7 minutes, until tender, then add the garlic and mushrooms and cook for a further 5 minutes, or until the mushrooms are tender.
3. Then tip the mixture into a food processor and blend to a purée.
4. Put the ground cashew nuts and almonds into a bowl with the breadcrumbs, the mushroom purée, soy sauce, lemon juice, tarragon and yeast extract and mix well. It will be quite stiff. Season well with salt and pepper.



5. Roll the puff pastry out on a lightly floured board to make a square about 38 cm (15 in) in size. Transfer the pastry to a baking sheet and heap the mushroom mixture in the centre, forming it into a loaf shape.
6. Make diagonal cuts in the pastry about 1 cm ($\frac{1}{2}$ in) apart on each side of the mushroom mixture, then fold these up over the mushroom pâté to make a kind of plait effect. Tuck in the ends neatly, trim off any extra bits and brush with beaten egg or soya milk.
7. Bake for 40 minutes or until the pastry is puffed and golden brown.

ALMOND & VEGETABLE KORMA

Ingredients

750g / 1.5lb mixed vegetables (e.g. broccoli, green beans, peas, cauliflower, courgettes)
 1 onion
 2 tbsp vegetable oil
 2 cloves of garlic
 1 tsp ground cumin
 1 tsp ground coriander
 1 tsp turmeric
 Few cardamom pods
 2-3 cm / 1 inch piece root ginger
 400 ml / 0.7 pint water
 50g / 2oz creamed coconut
 2 tbsp lemon juice
 100g / 4oz ground almonds
 Salt & pepper to taste

SERVES
4

Method

1. Add the mixed vegetables (chopped if appropriate) to boiling water and cook for about 5 minutes until tender. Drain.
2. Chop the onions; crush the garlic and sauté in the oil until the onions are soft.
3. Stir in the cumin, coriander, and cumin, crushed cardamom pods and the grated ginger and cook on a low heat for a few minutes.
4. Add the water to the pan and bring to the boil, gradually adding the creamed coconut, cut into thin slices, and heat until the coconut has melted.
5. Add the lemon juice, and ground almonds and cook for 2 minutes.
6. Pour the sauce over the cooked vegetables, heat gently and season to taste.

CHEESE & PARSNIP ROAST

Ingredients

750g / 1.5lb parsnips
 110g / 4oz cheese
 1 egg (optional)
 40g / 1.5oz margarine
 1 tsp of mixed herbs

SERVES
2

Method

1. Cook parsnips in boiling water for approx 10 minutes.
2. Mash with margarine, egg, cheese and herbs.
3. Place in greased dish and bake for approx 30 minutes at 150°C / 300°F / Gas Mark 2 until brown

HERBY SUNFLOWER PUDDING

Ingredients

175g / 6oz whole wheat bread crumbs
 1 large onion – chopped
 115g / 4oz sunflower seeds
 300ml / 0.5 pint milk
 60g / 2.5oz sunflower margarine
 2 tsp mixed herbs
 Sea salt to taste

SERVES
4

Method

1. Mix the bread crumbs, onion and seeds together.
2. Heat the milk and margarine until the margarine is melted, and mix with the crumbs.
3. Pour into a greased casserole and bake for 1 hour in oven at 150°C / 350°F / Gas Mark 4.

TOFU LOAF

SERVES
6-8

An attractive loaf that is good hot with vegetables or cold the next day in sandwiches

Ingredients

400g / 14oz tofu, mashed
50g / 2oz wheat germ
3 tablespoons of chopped parsley
1 medium onion, chopped
2 tablespoons soy sauce
2 tablespoons nutritional yeast (optional)
½ tablespoon Dijon mustard
1 garlic clove, chopped
¼ teaspoon black pepper

Method

1. Oil a loaf tin. Mix all the ingredients together and press into the tin.
2. Bake at 180°C / 350°F / Gas Mark 4 for 1 hour.
3. Cool for about 10 minutes before removing from the pan.
4. Garnish with tomatoes and parsley. Serve with mashed potatoes and green leafy vegetables.

Adapted from Tofu Cookery by Louise Hagler with kind permission of The Book Publishing Company, Summertown, Tennessee

VEGAN SHEPHERD'S PIE

SERVES
4

Ingredients

700g / 1.5lb floury potatoes
100g / 4oz brown lentils
100g / 4oz soya mince
1 onion, diced
2 carrots, diced
½ swede, diced
100g / 4oz peas
200ml / 0.35 pt stock
2tbsp tomato ketchup
1tbsp soy sauce
1 bay leaf
2 tsp thyme
1 tsp sage
1 tsp dried or 2 tbsp fresh parsley
1 heaped tbsp soya margarine
100ml / 0.175 pint soya milk

Method

1. Boil chopped, peeled potatoes until well done. Mash with margarine and milk, adding enough milk to achieve a fairly soft consistency. Season to taste.
2. Rinse lentils, cover with cold water, and add bay leaf. Bring to boil and simmer until cooked – 20-25 mins.
3. Sauté onion in a little oil. Add dried herbs, carrots and swede. Cook on a low heat for 5 minutes.
4. Add soy mince and stock, ketchup and soy sauce. Cook further 10 mins, then add peas and lentils (drained of any excess cooking liquid) and cook another 5 mins.
5. Check vegetables cooked through and taste to adjust seasoning.
6. Place mix into oven dish and top with the potato. Bake at 200°C / 400°F / Gas Mark 6 for about 35-45 mins.

Vegan Society's SPAGHETTI WITH ROAST VEGETABLES & LENTILS

SERVES
10

Ingredients

285g / 10oz green lentils
1.15 litres / 2 pints light vegetable stock
285g / 10oz sliced onion
680g / 1.5lb cubed courgette
680g / 1.5lb chopped tomatoes
4 tbsp rapeseed or other vegetable oil
5 crushed garlic cloves
2 tsp dried rosemary
565g / 1.25lb spaghetti (preferably brown)

Method

1. Boil lentils with vegetable stock until they are just cooked: about 30 minutes.
If extra water is required add just enough to cover lentils. Once cooked drain off any excess water.
2. Meanwhile place onion, courgette, tomatoes, rosemary, vegetable oil and garlic in an ovenproof dish. Mix well and bake in pre-heated oven at 220°C / 425°F / Gas Mark 7 for 20 minutes. Turn halfway through with a spatula.
3. Mix the roasted vegetables in with the lentils and cook gently for 5-10 minutes.
4. Serve over cooked spaghetti.

EASY NUT ROAST

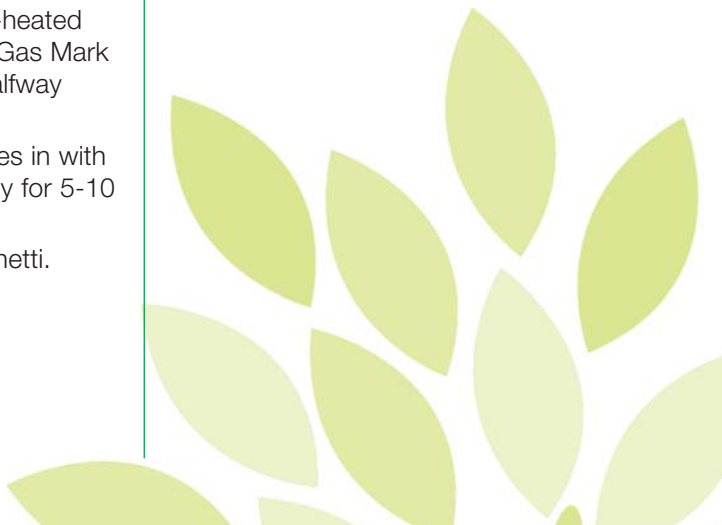
Ingredients

150g / 5oz chopped mixed nuts
75g / 3oz wholemeal bread crumbs
Small onion – chopped
1 tbsp soy sauce
½ tsp dried thyme
2 tbsp vegan margarine
1 tsp olive oil
1 tsp yeast extract
150ml / ¼ pint hot water

Method

1. Grind the nuts finely and mix in a bowl with crumbs, onion, soy sauce, thyme, margarine and oil.
2. Dissolve the yeast extract in the water, and add to the mixture.
3. Mix well and press into a greased loaf tin.
4. Bake at 190°C / 375°F / Gas Mark 5 for 30-40 minutes.

SERVES
4



VEGAN BANANA, APRICOT & WALNUT MUFFINS

MAKES
12

Ingredients

- 175g / 6oz white self-raising flour
- 175g / 6oz wholemeal self-raising flour
- 100g / 4oz caster sugar
- 1 tbsp baking powder
- 2 tsp mixed spice
- 30g / 1¼ oz soya flour
- 125g / 4½ oz dried apricots, chopped roughly
- 50g / 2oz walnuts, chopped roughly
- 2 medium bananas
- 120ml / ¼ pint sunflower oil
- 310ml / 0.55 pint soya milk

Method

1. Add all the dry ingredients in a bowl and mix thoroughly.
2. Blend bananas, oil and milk with blender / hand blender.
3. Mix dry with wet. Fold together and mix, but only until incorporated. Don't over mix.
4. Place in muffin cases in muffin tin. Bake at 180°C / 350°F / Gas Mark 4 for 25 minutes.

BANANA YOGHURT

This is delicious, nutritious and very easy to eat, making it excellent for someone who is under the weather or disinterested in food

SERVES
1

Ingredients

- 1 banana
- 3 tbsp live yoghurt or soya yoghurt
- 1 tsp honey or maple syrup
- 1 tbsp soft fruit (e.g. strawberries, peaches, or plums) or soaked dried fruit (e.g. apricots or prunes)

Method

1. Mash the banana thoroughly, add the yoghurt and honey and mix well.
2. Mash the other soft fruit, or chop the dried fruit, and add this to the yoghurt.



APPENDIX – Health & Nutrition

Health benefits of a vegetarian diet

At one time, the case for a vegetarian or vegan diet may have appeared problematic but, over time, it has proved to be good for all stages of life.¹ Indeed, over recent years research has shown that vegetarians and vegans are very healthy and may even be healthier than their meat-eating peers. Vegetarian diets are generally rich in fruits and vegetables, high in fibre and low in saturated fat,² a diet encouraged by the Department of Health. In contrast, the general population consumes too much saturated fat, salt and sugar, with intakes of vitamins and minerals below recommended levels.^{3,4} Studies have shown that, overall, people who follow a vegetarian diet have a lower risk of a number of chronic diseases including heart disease, hypertension and cancer,⁵ whereas populations who consume diets high in meat and fat and low in fibre, fruits and vegetables are at risk.⁶

Surveys suggest that typical older vegetarians have a more nutrient-dense diet than meat eaters (i.e. more nutrients per portion),⁷ benefit from being leaner than omnivores⁸ and have good bowel regularity due to a high fibre diet.⁹ In short, a plant-based diet offers potential health benefits and can help to slow the aging process.

Nutritional guidelines

Although energy requirements generally decrease as we get older, the basic dietary guidelines are the same as for younger adults. Therefore, whatever the age, whether meat-eater or vegetarian, the recommendations for fat, fibre and carbohydrate are the same¹⁰ so it is important that enough food is eaten to cover energy (calorie) requirements. Some older people have to modify their diets to help control illnesses such as diabetes and heart disease

but if the older person is in good health, it is recommended that they follow the general dietary guidelines for the population.¹¹

For those wishing to look at nutritional standards in more detail, standards for macro and micronutrients from each meal have been set by the Food Standards Agency.¹²

Vitamin and mineral supplements

There is a lack of specific recommendations for older people for many of the micronutrients (vitamins and minerals), although it is known that the ability to digest, absorb, metabolise and excrete nutrients changes with age. For example, we get most of our vitamin D from the effect of sunlight on our skin but, as we get older, we have a reduced efficiency of its synthesis in the skin. People aged 65 years and over (vegetarian and non-vegetarian) are at risk of vitamin D deficiency if they rarely venture outside. Vitamin D is necessary for calcium absorption (important for bones) so if a person is not having regular exposure to sunlight, a daily supplement of 10mcg is recommended.¹³

Vegans and vegetarians who eat limited dairy products should regularly include a source of vitamin B12. Absorption of vitamin B12 decreases with age, so regular use of reliable B12 sources is important e.g. eggs and milk products, fortified non-dairy milks, yeast extracts and fortified cereals. The Vegan Society recommends a daily intake of 3mcg from food or a supplement of 10mcg once a day or 2000 mcg once a week.

Fruit and vegetables – ‘5 A DAY’

The Department of Health recommends that a minimum of 5 portions of fruit and vegetables should be eaten each day, because:

- They're packed with vitamins and minerals.

- They help in maintaining a healthy weight.
- They're an excellent source of fibre and antioxidants.
- They help reduce the risk of heart disease, stroke and some cancers.
- They taste delicious and there's so much variety to choose from.

5 A DAY portions should include a variety of brightly coloured fruit and vegetables to get the maximum nutritional benefits. This is because they each contain different combinations of fibre, vitamins, minerals and other nutrients.

Acknowledgements

Vegetarian for Life is grateful for the valuable input to this guide made by Sandra Hood [BSc (Hons) RD] who is a practicing dietitian with wide experience of vegetarian and vegan diets.

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Useful Contacts

The Vegetarian Society UK

Parkdale, Dunham Rd,
Altrincham,
Cheshire, WA14 4QG
0161 925 2000
www.vegsoc.org

The Vegan Society

Donald Watson House,
21 Hylton St, Hockley,
Birmingham B18 6HJ
0121 523 1730
0845 4588244
www.vegansociety.com

International Vegetarian Union

www.ivu.org

Cordon Vert Cookery School

Address as Vegetarian Society UK.
Cordon Vert offers a wide range of cookery courses on vegetarian and vegan cuisine – including courses for professional cooks

Age Concern

0800 00 99 66
www.ageconcern.org.uk

Help the Aged

020 7278 1114
www.helptheaged.org.uk



Vegetarian for Life,
83 Ducie Street, Manchester, M1 2JQ

0161 4458064
info@vegetarianforlife.org.uk
www.vegetarianforlife.org.uk

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