

OCTOBER, 2022 | ISSUE 01

GO VEGAN GO

MAGAZINE

**DAILY
NUTRIENT
REQUIREMENTS**







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Concept

A plant-based diet is one of the healthiest ways to eat. However, there are certain nutrients that vegans can often miss out on without animal foods in their diet. Here's how to make sure you're getting the nutrients you need on a vegan diet.





HEALTHY YUMMY HOMEMADE VEGAN GOODIES

GO VEGAN GO

HAPPY AND HEALTHY LIFESTYLE IS YOUR CHOICE

Vitamin B12



1

NUTRITIONAL YEAST

A fourth of a cup of nutritional yeast flakes contains 17.6 mcg of vitamin B12, which accounts for 730% of your recommended daily value.



2

SHIITAKE MUSHROOMS

One hundred grams of shiitake mushrooms contain 5.6 mcg of vitamin B12, making it a good option for both vegans and vegetarians.



3

1. FORTIFIED VEGAN MILK

Fortified milk are milks that have vitamins or minerals added to them that they normally do not contain. Fortified milk substitutes are a super convenient way to keep on top of your B12 levels.



4

TEMPEH

The soy beans themselves do not contain B12, but it's actually generated during the fermenting process, particularly fermented soy beans or tempeh.

Recommended
Intak

According to the National Institute of Health, the daily recommended dose of vitamin B12 is 2.6 mcg

You won't be able to resist these crispy Go Vegan Go vegan nuggets

Go Vegan

Go

Our food is high in protein and has fairly low calories, fat, and carbohydrates. It also contains a number of minerals.

Vegan

Vegetarian

Gluten free

Vitamin D



MUSHROOMS

Mushrooms are the only plant-based sources of vitamin D found in nature



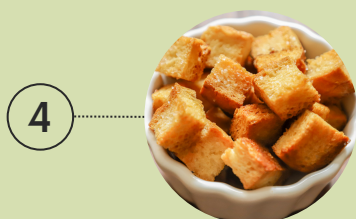
FORTIFIED CEREALS

Many foods are fortified with vitamin D, including mainstream cereal you can buy and most oatmeal



FORTIFIED VEGAN MILK

Plant-based milks like almond, soy, rice and even cashew milk, are fortified with vitamin D, too



TOFU

The best thing about tofu is how versatile it is. You can include it in a variety of meals, for any time of day



SUNLIGHT

You can be your own source of vitamin D! In fact, this is how most people get quite a bit of it

Intake

Persons are need approximately 600 IU of vitamin D per day. This can come from a combination of food sources and sunlight.

VEGAN STEAK

GO VEGAN GO

These vegan steaks are a chewy, meaty texture. Tender, flavorful, and protein-packed, this Vegan Steak is delicious, chewy and soft





1 FLAX SEEDS

Flax delivers more than double the amount of your daily recommended needs in a tablespoon.

2 WALNUTS

Just might be one of the best for optimal health. You can get all the omega-3's you need in a day

3 EDAMAME

A half-cup serving of edamame provides about 20% of your omega-3.

4 THE SALT MINES

Chia seeds are an excellent plant-based source of omega-3 fatty acids.

5 SOYBEAN OIL

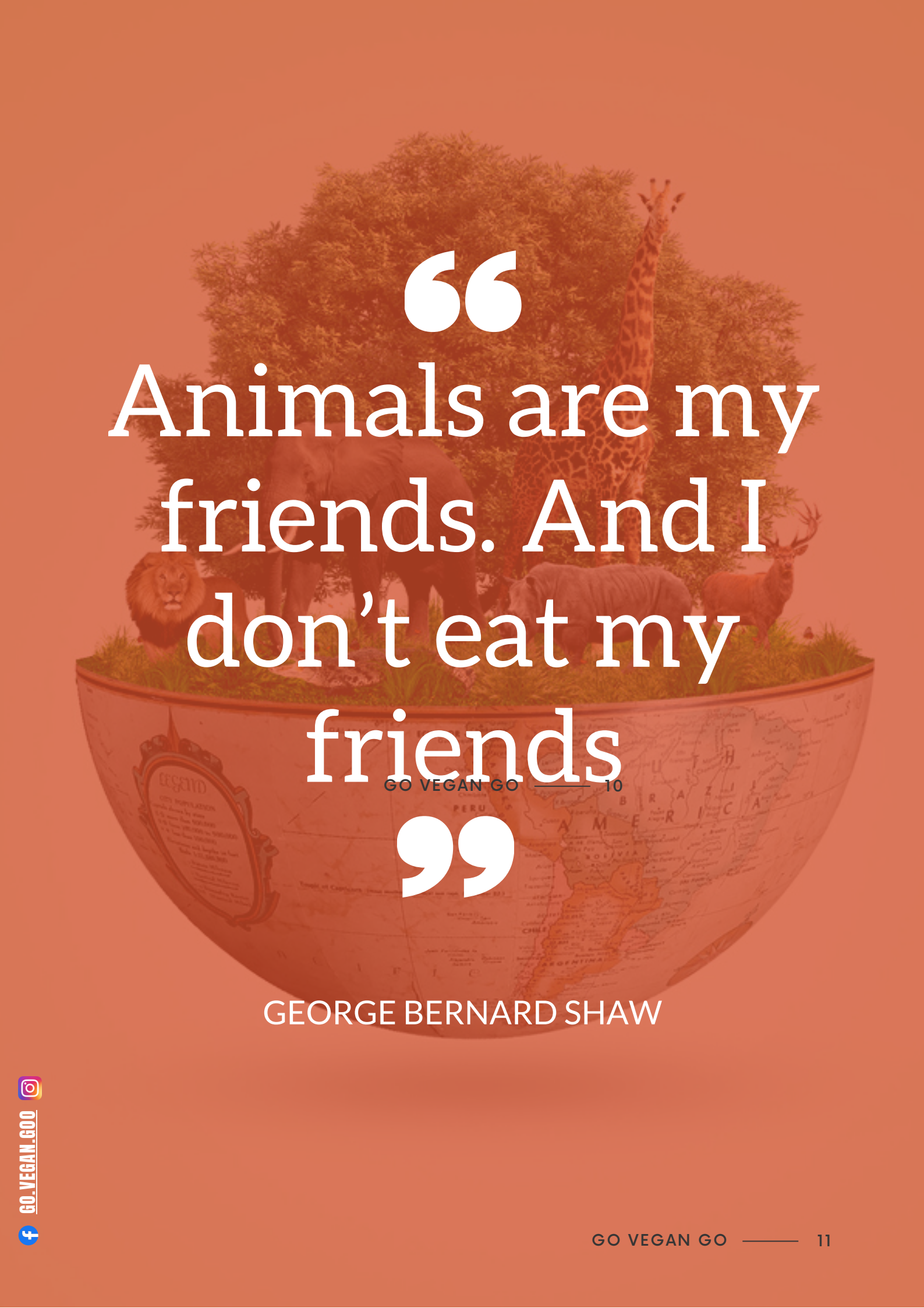
Soybean oil contains 0.92 g of omega-3 per tbsp

6 WHEAT GERM

One cup of wheat germ contains 6.91 g of omega-3

Intake

Adult women only need 1.1g per day while adult men need 1.6g per day

A savanna scene with a giraffe, elephant, lion, and deer inside a bowl-shaped globe. The globe is a map of the world, and the animals are standing on a patch of grass. The background is a solid orange color.

“
Animals are my
friends. And I
don't eat my
friends
”

GO VEGAN GO — 10

GEORGE BERNARD SHAW

Intak

Per Day:

Men: 8.5 mg

Women 19 - 50: 18 mg

Women over 50: 8 mg

Pregnant women:

27 mg

Iron

SOURCES OF IRON

1. BLACKSTRAP MOLASSES
2. LENTILS
3. TOFU
4. SPINACH
5. BEANS
6. CHARD
7. DARK CHOCOLATE
8. BAKED POTATOES
9. CHIA SEEDS
10. GROUND LINSEED
11. ARUGULA

GO VEGAN GO

EXPLORE OUR MENU

**FRESH
& JUICY**

EVERYONE DESERVES
A BETTER BURGER

**WE OFFER A
VARIETY OF
VEGAN
BURGERS**

**READY TO COOK
READY TO HEAT**

**WITH US YOU CAN GET ALL
THE NUTRIENTS YOU NEED
TO LIVE A HAPPY,
HEALTHY VEGAN
LIFESTYLE!**

ORDER NOW

 [GO.VEGAN.GO](https://www.go.vegan.go) 

Calcium

- 01 Chia seeds
- 02 Soy milk
- 03 Almonds
- 04 Tofu
- 05 White beans
- 06 Sunflower seeds
- 07 Edamame
- 08 Sesame seeds
- 09 Broccoli
- 10 Sweet potatoes
- 11 Okra
- 12 Oranges
- 13 Butternut squash
- 14 Arugula

Intake

Adults: 1000 mg
Over 50: 1200 mg
Children: 1300 mg



We have delicious and fresh baked goods



you should know we're do
all about make fresh food
from quality ingredients!

GO VEGAN GO

As always we have delicious fresh Toast,
Croissant, fresh breads











GO.VEGAN.GO





ZINC

OATS	1 	= 6.2 mg
WHEAT GERM	28 G	= 4.7 mg
TOFU	1 	= 4.0 mg
LENTILS	1 	= 2.5 mg
CHICKPEAS	1 	= 2.4 mg
OATMEAL	1 	= 2.3 mg
EDAMAME	1 	= 2.1 mg
QUINOA	1 	= 2 mg
SESAME SEEDS	28 G	= 2 mg
BLACK BEANS	1 	= 1.9 mg
CHIA & FLAX SEEDS:	28 G	= 1.2 mg

Intak

Recommended

Male: 11 mg
 Female (14 - 18): 9 mg
 Female (over 19): 8 mg
 Pregnancy: 11 mg



GO VEGAN GO

The best healthy pre-workout snack to eat before a morning workout and fill your body with healthy slow-release carbs.

Plus, these energy balls are also vegan and gluten-free.

you'll love these vegan desserts even more than their original counterparts.

Iodine

Intake

The US FDA recommends that adults consume a Daily Value (DV) of 150 mcg of iodine.
The maximum amount: 1,100 mcg per day.

CRANBERRIES

56 gram = 200 mcg

POTATOES

1 medium potato = 60 mcg

IODIZED SALT

1 gram = 45 mcg

CORN

A half-cup = 14 mcg

PRUNES

5 whole prunes = 13 mcg

STRAWBERRIES

1 cup = 13 mcg



Go Vegan Go

Natural food

 [GO.VEGAN.GO](https://www.instagram.com/go.vegan.go)
 [GO.VEGAN.GO](https://www.facebook.com/go.vegan.go)

All natural

Our food full to the brim with nutrients like vitamins, minerals and fibre, with none of the added fat

01

Free from synthetic and artificial ingredients or additives

02

Unprocessed

Synthetic free

03

No preservatives or artificial additives.

The more natural a food is, the better it.



Protein

① **Seitan**

It contains about 25 grams of protein per 100 gram.

③ **Lentils**

Lentils contain plenty of protein, fiber, and key nutrients.

⑤ **Peanuts**

Peanuts are protein-rich, and peanut butter is also rich

⑦ **Quinoa**

Quinoa is a grain with a high-protein content, and is a complete protein.

⑨ **Potatoes**

A large baked potato offers 8 g of protein per serving.

② **Soy products**

Richest sources of protein in a vegan diet.

④ **Chickpeas**

Cooked chickpeas containing around 7.25 g per ½ cup

⑥ **Beans**

Most types of beans contain high amounts of protein.

⑧ **Chia seeds**

Chia seeds are complete sources of protein and are low-calorie foods.

⑩ **leafy greens**

Many dark-colored, leafy greens and vegetables contain protein.

Intake

Recommends a minimum daily protein intake of 0.8 grams of protein per kilogram of body weight, or about 54 g for a person who weighs 70 kilogram.

GO VEGAN GO

SEITAN

Fresh & Juicy

It's high in protein
and has a fairly low
calories, fat, and
carbohydrates

Shawarma
Hawawshi

HAPPY AND HEALTHY
LIFESTYLE IS YOUR CHOICE

Impossibly
Delicious

GO VEGAN GO

21

Vitamin A

1

CARROTS

2

SWEET POTATO

3

GREEN LEAFY
VEGGIESIT

4

TOMATO

5

RED BELL PEPPER

6

PARSLEY

7

BUTTERNUT
SQUASH

8

MANGO

9

PUMPKIN

Recommended
Intak

Men: 0.7 milligrams a day.
Women: 0.6 milligrams a day

Cookies

WILL BOOST
YOUR MOOD.

GO
VEGAN
GO

ORDER NOW



YOU DEFINITELY SHOULD WAIT FOR OUR NEXT ISSUE



**Go
Vegan
Go**

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