

OVERVIEW VEGAN MENU ALTERNATIVES

Menu Item	Substitute (BOLD indicate those that would be purchased alternatives to have on hand in institutions)
Whole egg dishes (scrambled, etc.)	Substitute tofu or vegan eggs (made w/potato starch)
Egg in recipes (baked products, soufflés, custards, potato and other salads)	Substitute thickeners: xanthan gums; various algae based and starch thickeners
Breakfast meats (bacon, sausage, etc.)	Soy protein substitutes, tempeh, nuts or tofu
Milk beverages and in cooking	Soy or vegetable milk substitute; coconut milk
Soups	No meat broths; no cream based made with milk; substitute soy milk
Sandwiches	No cheese, meats or mayonnaise; Substitute nut spreads or alternates
Cheese as snack or meal	Vegan cheeses (soy based)
Entrée items with meat, fish, poultry, seafood	Substitute tofu, quinoa, beans, nuts, legumes, sweet potatoes, etc
Pasta, noodles	Vegan pastas (no-egg) and noodles
Dairy ingredients (yogurt, milk, cream, ice cream, half and half, evaporated milk, whipped cream, custards, puddings, or beverages)	Substitute soy or animal-based fluid milk or creamers, or coconut based thickeners Vegan ice-cream or sherbet
Baked products containing eggs or dairy (cake, angel cake, some breads, rolls with egg or egg wash, no cream-based pies or desserts)	Substitute alternatives without egg or dairy products Bagels and breads free of L-cysteine (an amino acid that softens the dough)
Oils/Sauces/Dressings/Fats	Vegan processed oils without mono and diglycerides (which are antioxidants in the oil) No Worcestershire; no gelatin, dairy or egg based dressings No lard or butter
Miscellaneous label ingredients to avoid for vegans	Avoid those with glycerol, glycerine, honey, casein, whey, lactose, L-cysteine

Avoid:

- Fruits and vegetables that may be waxed
- Pesto contains parmesan cheese
- Sweets with gelatin
- Refined sugars use animal products in processing
- Dark chocolates
- Roasted peanuts also can contain gelatin
- Omega 3 supplements (often processed with animal fats)

This chart shows some of the nutrients and common food sources that require planning if you follow a vegan diet. For more information on these nutrients see [Nutrients in a Vegan Diet](#) or contact EatRight Ontario.



Nutrient	Food Sources
Vitamin B12	Meat substitutes like soy burgers or TVP (textured vegetable protein). Fortified beverages, like soy or rice drinks Nutritional yeast
Iron	Dark leafy greens Legumes, like black beans, dhal, chickpeas Dried fruit Breakfast cereals, flour Blackstrap molasses
Zinc	Whole grains, like wild rice Legumes Seeds
Calcium	Dark leafy greens Fortified beverages like soy or rice drinks Almonds Legumes
Vitamin D	Soft margarine Fortified beverages (like soy beverage or orange juice)
Omega 3 fatty acids	Canola oil Soybean oil, soybeans Ground Flax seeds, flax seed oil Walnuts Tofu Fortified soy beverages

Vegans [avoid eating any animal foods](#), as well as any foods containing ingredients derived from animals. These include:

- **Meat and poultry:** Beef, lamb, pork, veal, horse, organ meat, wild meat, chicken, turkey, goose, duck, quail, etc.
- **Fish and seafood:** All types of fish, anchovies, shrimp, squid, scallops, calamari, mussels, crab, lobster, etc.
- **Dairy:** Milk, yogurt, cheese, butter, cream, ice cream, etc.
- **Eggs:** From chickens, quails, ostriches, fish, etc.
- **Bee products:** Honey, bee pollen, royal jelly, etc.
- **Animal-based ingredients:** Whey, casein, lactose, egg white albumen, gelatin, cochineal or carmine, isinglass, shellac, L-cysteine, animal-derived vitamin D3 and fish-derived omega-3 fatty acids.

Foods to Eat

Health-conscious vegans substitute animal products with [plant-based replacements](#), such as:

- **Tofu, tempeh and seitan:** These provide a versatile protein-rich alternative to meat, fish, poultry and eggs in many recipes.
- **Legumes:** Foods such as beans, lentils and peas are excellent sources of many nutrients and beneficial plant compounds. Sprouting, fermenting and proper cooking can increase nutrient absorption ([34](#) ) .
- **Nuts and nut butters:** Especially unblanched and unroasted varieties, which are good sources of iron, fiber, magnesium, zinc, selenium and vitamin E ([35](#) ) .
- **Seeds:** Especially hemp, chia and flaxseeds, which contain a good amount of protein and beneficial omega-3 fatty acids ([36](#), [37](#), [38](#)) .
- **Calcium-fortified plant milks and yogurts:** These help vegans achieve their recommended dietary calcium intakes. Opt for varieties also fortified with vitamins B12 and D whenever possible.
- **Algae:** Spirulina and chlorella are good sources of complete protein. Other varieties are great sources of iodine.
- **Nutritional yeast:** This is an easy way to increase the protein content of vegan dishes and add an interesting cheesy flavor. Pick vitamin B12-fortified varieties whenever possible.
- **Whole grains, cereals and pseudocereals:** These are a great source of complex carbs,