



----- Issue 9 / February 2018 -----

## WELCOME!

Happy New Year. A very warm welcome to our first issue of 2018. In this issue you will find our feature interview with The Vegan Society's Registered Dietitian, Heather Russell. With over half a million vegans in Britain, you are now more likely than ever before, to be seeing people within your working week who are pursuing veganism. Heather answers all of our questions on vegan diets, which we hope you will find interesting and relevant to your work. Also in this issue you will find our usual 'bits and pieces', including details of our upcoming events, as well as our delicious, vegan-friendly Sweet Potato & Aubergine Moussaka recipe.

If you would like to find out more about Oatly please visit the Healthcare Professional area of our website at [www.oatly.com/hcp](http://www.oatly.com/hcp)

Kind regards,

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## GOING VEGAN?

Oatly were delighted to have the opportunity to interview Heather Russell. After training to be a dietitian, Heather worked in the NHS from 2010 to 2016. She is now using her dietetic skills to support the work of The Vegan Society as their registered dietitian. Her interview gives valuable guidance and tips on veganism..

**Q: The number of people switching to a vegan diet is increasing all the time, why do you think this is?**

Veganism is a belief system based on the principle of avoiding animal exploitation. More and more people are becoming aware of how veganism can help animals and empower individuals to tackle climate change and other environmental issues. The Vegan Society's Plate Up for the Planet campaign highlights that switching to a vegan diet can reduce the carbon footprint associated with food production by up to 50%. This transition also presents an opportunity to eat better by consuming more health-promoting plant foods, such as fruit, vegetables, whole grains, nuts and seeds. With the number of vegan-friendly products and services increasing, it's never been easier to choose a vegan lifestyle.



**Q: Are there any groups of people who you feel a vegan diet would not be suitable for? What about pregnant and breastfeeding women, children or professional sportsmen and women?**

The Vegan Society works with the British Dietetic Association to share the message that well-planned vegan diets can support healthy living in people of all ages, and during pregnancy and breastfeeding. It's also possible for athletic individuals to thrive on a vegan diet. Sportspeople who have embraced vegan living include boxer David Haye and marathon runner Fiona Oakes.

**KEEP READING  
ON NEXT PAGE!**



## BITS & PIECES

### iMAP GUIDELINES

The Milk Allergy in Primary Care (MAP) Guideline have been updated. The new international guideline iMAP (International Milk Allergy in Primary Care) Guideline and supporting materials can be found on the Allergy UK website and are also available [here](#).



### SUSTAINABLE DIETS

There are 2 new resources we thought you may be interested in:

🍴 The BDA have updated their Sustainable Diets Policy Statement. This statement is designed to support the dietetic profession. You can find it [here](#).

🍴 Complete Nutrition magazine features an article 'Sustainable Diets. Why, what and how' by Lynne Garton. She considers how nutrition professionals are in an ideal position to get involved in the sustainable discussion. If you haven't already read it you can find it [here](#).



### OATLY @ BDA LIVE 2018

This 'must-attend' event for Dietitians, will be held on Wednesday 14 & Thursday 15 March 2018 at the QE2 Centre, Westminster, London.

Oatly will be exhibiting and we'll have our Oatly Barista with us to make your favourite cuppa! We look forward to meeting you. [Click for more information](#).

**Q: Which nutrients should we particularly consider, to ensure that any vegan patients are having an adequate intake and avoiding deficiencies?**

As always, the UK's Eatwell Guide is a great starting point. People are often surprised to find out how easy it is to get enough protein and calcium from a vegan diet by making smart swaps. However, the Eatwell Guide doesn't provide all of the information you need to advise someone who eats a totally plant-based diet. It's a good idea to provide information about iron-rich foods, and how combining them with a source of vitamin C boosts iron absorption. Vegan sources of omega-3 fat should be discussed, and supplementation is also an important topic; vitamins B<sub>12</sub> and D, iodine and selenium deserve special attention.

**Q: For these nutrients, can you advise on good dietary sources, including fortified foods and when supplementation should be considered?**

Assuming that your calorie intake is adequate, the key to getting protein from plants is to ensure that most meals contain a good source of the amino acid lysine, such as legumes (beans, lentils, chickpeas), soya products, peanut butter, cashew nuts, ground linseed or pumpkin seeds. Dairy products should be replaced by foods that are really rich sources of calcium, such as fortified alternatives to milk and yoghurt, calcium-set tofu and soya and linseed bread fortified with extra calcium. Plant-based sources of iron include legumes, soya products, cashew nuts, ground linseed, kale, raisins and fortified breakfast cereal. Encourage people to boost iron absorption by combining these foods with a source of vitamin C, such as pepper, broccoli, cabbage, Brussels sprouts, citrus fruits, kiwifruit, strawberries and pineapple. Advise vegans to

eat a really rich source of omega-3 fat daily, such as walnuts or ground linseed.

Regarding supplementation, it's recommended that everyone in the UK uses a vitamin D supplement during autumn and winter, and year-round supplementation is advised for certain groups. Vitamin D<sub>3</sub> from lichen and vitamin D<sub>2</sub> are animal-free options. Breakfast cereals, dairy-free spreads and dairy alternatives fortified with vitamin D<sub>2</sub> can also contribute to dietary intakes of this nutrient. It's essential for vegans to obtain vitamin B<sub>12</sub> from fortified foods or supplementation because this nutrient isn't produced by plants. Generally, plant-based foods contain low amounts of iodine and selenium, although it depends on their growing environments. Anyone eating a dairy-free diet should consider iodine supplementation. Vegans can boost their selenium intakes by eating a couple of Brazil nuts daily or using a supplement. The Vegan Society markets a vitamin and mineral supplement designed for vegans called VEG 1, containing vitamins B<sub>12</sub> and D, iodine and selenium.

**Q: What useful resources are there for Healthcare Professionals to use when supporting vegan patients?**

There is a range of health and nutrition resources available at [www.vegansociety.com](http://www.vegansociety.com). Healthcare professionals can also email questions to [nutrition@vegansociety.com](mailto:nutrition@vegansociety.com), and follow @herbiheather on Twitter for information about vegan nutrition and related topics.

The British Dietetic Association provides relevant fact sheets, including one entitled "Plant-based diet". Find it [here](#).

First Steps Nutrition Trust has produced a guide about early years vegan nutrition. Find it [here](#).

# SWEET POTATO & AUBERGINE MOUSSAKA

**SERVES 6-8**

## Ingredients

- 2 medium sweet potatoes, peeled and sliced into  $\frac{1}{2}$  inch slices
- 2 large aubergines, washed and sliced into  $\frac{1}{2}$  inch slices
- $\frac{1}{2}$  teaspoon of chilli flakes

## For the soya mince mixture:

- 1 large onion, peeled and finely sliced
- 500 g of frozen soya mince
- $\frac{1}{2}$  teaspoon of ground cinnamon
- $\frac{1}{2}$  teaspoon of dried oregano
- 500 g of chopped, tinned tomatoes
- 3 garlic cloves, peeled and finely chopped
- 3 tablespoons roughly chopped, pitted olives
- $1\frac{1}{2}$  tablespoons tomato puree
- A dash of light soy sauce

## For the white sauce:

- 700 mls of Oatly Creamy Oat or Oatly Organic Creamy Oat
- 2-3 tablespoons corn flour
- Salt and pepper to taste
- Vegetable oil eg rapeseed
- More dried oregano to finish

## METHOD

1. Pre-heat the oven to 180°C and cover a baking sheet with greaseproof paper.
  2. Place the sweet potatoes and aubergine on a baking sheet followed by 1-2 tablespoons of oil, the chilli flakes and a little of the salt and pepper. Use your hands to distribute the oil and seasoning and place the aubergine on top of the pile of vegetables so they become a nice colour when cooked. Cook for about 25-30 minutes or until softened and looking a nice golden colour.
  3. Whilst the vegetables are cooking prepare the soya mince mixture. In a medium sized (ideally non-stick) pan add 1-2 tablespoons of the oil to and the onions. Cook gently for a few minutes until soft and browning slightly on the edges. Add the soya mince and cook gently for about 10-15 minutes (or according to manufacturer's instructions), stirring all the time and adding more oil if necessary to avoid it sticking to the pan. Season with the cinnamon, oregano, and a little of the salt and pepper.
  4. Add the tomatoes, garlic, olives, tomato puree and soy sauce. Mix well and heat the sauce through for a few minutes and then set aside.
  5. To make the white sauce, place the Oatly Creamy Oat and corn flour in a saucepan and simmer for a few minutes until it thickens (use a hand whisk to avoid any corn flour lumps). Season with salt and pepper.
  6. In an oven proof dish, place the sweet potato and aubergine, followed by the soya mince mixture and lastly cover with the white sauce. Sprinkle some oregano over the top. Cook in the oven for about 30 minutes or until golden.
- Serving Suggestions: Serve with a crisp salad.

