

## Vegan Information Sheet

A Vegan does **not** consume anything of fish, animal or insect origin.

The table below outlines some of the foods that are suitable for Vegans with a comparison to Pure Vegetarians:

	Vegan	Pure Vegetarian
Salad – lettuce, cucumber, tomato, corn etc.	✓	✓
Fresh fruit	✓	✓
Dried fruit – dates, apricots, figs, raisins etc.	✓	✓
Vegetables – potatoes, carrots, broccoli etc.	✓	✓
Lentils and beans – kidney/black-eyed beans, sprouted beans etc.	✓	✓
Wheat and corn pasta ( <u>Not egg pasta</u> )	✓	✓
Rice	✓	✓
Rye bread/crackers	✓	✓
Houmous	✓	✓
Seeds – sunflower, sesame, pumpkin etc.	✓	✓
Ready salted (plain) crisps	✓	✓
Potato chips (French fries)	✓	✓
Falafel	✓	✓
Soya/dairy-free milk – almond, hazelnut, coconut etc.	✓	✓
Soya/dairy-free spread (margarine)	✓	✓
Dessert – soya/dairy-free yoghurt	✓	✓
Dessert – Swedish glace/Vegan ice-cream	✓	✓
Butter/margarine (from cow's and goat's milk)	✗	✓
Cheese (cow's, goat's and sheep's)	✗	✓
Dairy milk (cow's, goat's and sheep's)	✗	✓
Yoghurt (cows' and goat's)	✗	✓
Honey	✗	✓
Eggs (found in some cakes, biscuits, desserts, mayonnaise/salad dressings etc.)	✗	✗
Fish	✗	✗
Seafood	✗	✗
Meat – beef, pork, ham, lamb, chicken etc.	✗	✗

*Note: Some Vegetarians may eat eggs, however a Pure Vegetarian will not.*

**All the items listed as suitable for Vegans & Pure Vegetarians are available in most supermarkets.**