

Veganarchy Nutrition



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What should I eat?

The Wikipedia article on Human Nutrition offers a basic intro to what nutrients our bodies need, where they come from, and what happens when we don't get them.

As the article says, "nutrients" consist of carbs, fat, fiber, protein, vitamins, minerals, and water. Let's go into how to get each of these in a vegan diet specifically.

Water

Don't forget it! There's a bunch of numerical recommendations out there like 8 glasses of water per day, or a few liters, whatever. But you can also just look at your pee. If it's completely clear you don't need to be drinking as much. If it's on the darker side, drink more. Your body can tell you what it needs in all kinds of ways, it is worth listening to!

Carbohydrates

Carbohydrates are necessary because the brain uses glucose for energy.* One way to classify is into simple and complex. For simple, think fruit. For complex, think grains and starchy vegetables like potato. Complex carbs give you more sustained energy, whereas simple are quick energy. You should try to eat whole grains as opposed to refined (whole wheat, not white). Refined grains still have carbs but they've lost a lot of the other nutritional value like protein and vitamins. Too much of simple carbs (like refined sugar, fruit juice) without the natural fiber can lead to diseases like diabetes. This is a gross oversimplification. If you want to learn more, one good entry point might be Robert Lustig, a pediatric endocrinologist (child hormone system doctor) who talks about the evils of the processed food industry and in particular how bad refined carbohydrates are for health.

The only oil in this salad comes from the 1 ½ teaspoons of sesame oil used to flavor the dressing. The sweetness of the glass or mung bean noodles, added sugar, and cucumbers are sufficient to balance the vinegar and lime juice. Watercress is a much-neglected green that deserves a renaissance.

Ingredients:

- 3 oz mung bean noodles
- ¼ cup soy sauce
- 1 ½ teaspoons sesame oil
- ½ teaspoon chili garlic paste
- 1 tablespoon sugar
- ½ cup rice wine vinegar
- 1 tablespoon lime juice (optional)
- 1 whole green onion, trimmed and sliced thin
- 2 teaspoons toasted sesame seeds
- 2 bunches watercress trimmed

Directions:

1. Cover noodles with cold water and let soak for 20 minutes. Drain noodles and put them in boiling water. Boil for 1 minute. Drain, rinse with cold water, and chill.
2. Whisk soy sauce, sesame oil, chili paste, sugar, vinegar, and lime juice. Toss the noodles with the dressing. Add the green onion and 1 teaspoon of the sesame seeds.
3. Divide the watercress among 6 plates. Divide the noodles amongst the plates. Sprinkle the salads with the remaining seeds.
4. Enjoy!

- 2 garlic cloves, minced
- 1 tablespoon minced fresh thyme
- 2 tablespoons minced fresh rosemary
- ½ teaspoon ground nutmeg
- ½ teaspoon salt
- Freshly ground black pepper
- 1 ½ cups arborio rice
- Black truffle oil (optional)

Directions:

1. Bring broth to a simmer in a medium-size saucepan.
2. Add dried shiitake mushrooms and simmer for about 2 minutes, until the mushrooms are tender.
3. Using a slotted spoon, transfer the mushrooms to a plate.
4. When cool enough to handle, coarsely chop them.
5. Cover the broth and keep warm over very low heat.
6. In a medium-size saucepan over moderate heat, sautee the shallots for about 5 minutes; add the cremini mushrooms and sun-dried tomatoes, and cook until mushrooms are tender and most of the moisture has been released, about 7 minutes.
7. Add the garlic, shiitakes, herbs, spices and salt; sautee another 3 minutes.
8. Add the rice and stir with a wooden spoon for 2 minutes.
9. Add 1 C of broth; stirring often, simmer until the liquid is absorbed, about 6 minutes.
10. Continue to cook and stir, adding more broth by cupfuls, until the rice is tender and creamy and all the broth is absorbed. (If the rice is not tender yet but you are out of broth, keep adding water in the same manner as the broth until the rice is tender and creamy.).
11. This should take about 30 minutes.
12. Spoon onto plates and sprinkle some truffle oil over each serving if you like.

Watercress and Spicy Glass Noodles (Adapted from
The Complete Vegan Kitchen)

Sources of Carbohydrates:

- Whole grains like oats, brown rice, whole grain bread
- Beans
- Starchy veggies like potato and sweet potato.
- Fruits (but remember juice lacks fiber!)

*People will tell you about ketogenic diets where this stops happening, and there are legitimate medical reasons why someone would be on one (it was originally developed as a treatment for epilepsy). However, it is probably best to consider it off-topic here as they are difficult (often requiring help from a doctor, meticulous meal tracking/planning, etc.) and also traditionally include many animal products.

Fat

Fat's pretty simple. There are things called fatty acids that are important for pretty much everything (hormones, endocannabinoids, even cell division) in the body. So, they're obviously necessary and the body can't produce all of the ones we need (essential fats like omega-3 for example), so that's where eating fat comes in.

Sources of Fats:

Vegetable oils (olive, canola, coconut, etc.)

Nuts

Seeds (flaxseed, chia seeds)

Protein

Proteins are broke in our system into smaller molecules called amino acids, the building blocks of our bodies, so they are pretty important in a balanced diet. The current recommended intake of protein is 0.8 grams per kilogram (g/kg) of body weight a day for healthy adults in a normal regime of exercises, and contrary to the current myth, a vegan diet have plenty of available protein sources:

Beans, lentils and various legumes (peanut, green peas, chickpea), usually combined with grains are a good source of veggie protein; Some grains like quinoa, amaranth, oats, spelt, have good amounts of protein;

Nuts and some seeds (like hempseed);

Some products derivated from soybean like Tofu and Tempeh, and from wheat gluten like Seitan;

Some algae like spirulina;
Nutritional yeast;

Micronutrients



These are the vitamins and minerals that almost everyone (even meat eaters) forgets about and only are needed in small amounts. If you have a diverse and colorful diet the chance are that you are ok. For a vegan diet, only Vitamin B12 that we don't have until now, a reliable source because it is produced by bacteria in our guts and living in overly hygienized times we will need to supplement it. Remember too to expose yourself to the Sun at least 15 minutes a day, to get your Vitamin D synthesized by your own body. Here goes a list of essential micronutrients:

Vitamin A (retinol)
Vitamin B1 (thiamin)
Vitamin B2 (riboflavin)
Vitamin B3 (niacin)
Vitamin B5 (pantothenic acid)
Vitamin B6 (pyridoxin)
Vitamin B7 (biotin)
Vitamin B9 (folic acid, folate)
Vitamin B12 (cobalamin)
Vitamin C (ascorbic acid)
Vitamin E (tocopherol)
Vitamin K (naphthoquinones)
Choline (vitamin Bp)

Black Bean Hummus

My favorite hummus is not one sourced from chickpeas but rather from black beans. It's a delicious, nutritious food that will fill your ass up! This recipe will entail making hummus COMPLETELY from scratch, including the tahini. Buckle up!

Ingredients:

- 2 cups of sesame seeds
- Olive oil
- 1 can black beans
- ½ cup lemon juice
- 1 roasted garlic bulb

Directions:

1. In a pan heated on medium, toast sesame seeds until golden brown (constantly shaking the seeds to ensure even toasting and minimizing char)
2. Add toasted sesame seeds to a food processor or mortar and pestle. Add olive oil and water until a thick tahini paste is concocted.
3. In a blender, add the tahini, black beans, olive oil to taste, lemon juice, garlic bulb. Blend until uniform.
4. Stir in seasonings to taste (I season with salt, onion powder, dill, and pepper).

Mushroom and Sun-Dried Tomato Risotto (borrowed from *Vegan with a Vengeance*)

Are you looking for proof that a vegan entree can be rich, flavorful, and satisfying? Well look no further. This risotto, while a bit labor intensive, is well worth every minute you spend stirring. The servings are generous, so all you really need to make it a meal is some roasted asparagus or steamed broccoli.

Ingredients:

- 6 cups vegetable broth
- 1 cup dried shiitake mushrooms
- 3 tablespoons olive oil
- 1 cup finely chopped shallot
- 3 cups thinly slices cremini mushrooms
- ¼ cup chopped sun-dried tomatoes

Ingredients:

- Pumpkin seeds (however much you like but we'll say about 3 cups)
- Garlic powder
- Olive Oil
- Fresh dill (I recommend going out into Wild Nature to procure some wild dill, the flavor is incredible!)
- Kosher salt and pepper to taste

Directions:

1. Preheat oven to 320 on bake
2. In a cookie pan, spread the pumpkin seeds and drizzle with olive oil
3. Season with dill, garlic powder, salt, and peppers.
4. When the oven is ready, roast for 40 minutes or until golden brown.

Tempeh-Bean Sprout Sandwich

This sandwich has it all! Carbs, proteins, fats, vitamins! On top of this, it's really easy to make AND it's a delicious lunch!

Ingredients:

- Half a brick of tempeh
- Two slices of bread (I like to use sprouted bread myself but gluten-free folks could make this meal into a delicious rice bowl!)
- ½ cup of mung bean sprouts
- A few slices of roma tomato
- Two tablespoons of hummus (I LOVE to use black bean hummus for this!)
- Yellow mustard to taste
- Olive oil
- Salt, pepper, cayenne, nutritional yeast to taste

Directions:

1. Heat a greased pan on medium until the oil sizzles.
2. Cut tempeh into slices and add to the pan until golden brown
3. Remove tempeh from pan and set on paper towels
4. Toast your bread in the same pan until browned
5. When bread is toasted, remove and spread hummus on both sides
6. Add tomato slices, followed by tempeh and mung bean sprouts
7. Mustard and season to taste

Calcium
Iron
Magnesium
Phosphorus
Potassium
Sodium
Zinc

Can I get the nutrients I need as a vegan?

Short answer: yes. Long answer: see below.

Academy of Nutrition and Dietetics

"It is the position of the Academy of Nutrition and Dietetics that appropriately planned vegetarian, including vegan, diets are healthful, nutritionally adequate, and may provide health benefits for the prevention and treatment of certain diseases. These diets are appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, and for athletes."

Dietitians of Canada

"A healthy vegan diet can meet all your nutrient needs at any stage of life including when you are pregnant, breastfeeding or for older adults."

The British National Health Service

"With good planning and an understanding of what makes up a healthy, balanced vegan diet, you can get all the nutrients your body needs."

The British Nutrition Foundation

"A well-planned, balanced vegetarian or vegan diet can be nutritionally adequate ... Studies of UK vegetarian and vegan children have revealed that their growth and development are within the normal range."

The Dietitians Association of Australia

“Vegan diets are a type of vegetarian diet, where only plant-based foods are eaten. With good planning, those following a vegan diet can cover all their nutrient bases, but there are some extra things to consider.”

The United States Department of Agriculture

“Vegetarian diets (see context) can meet all the recommendations for nutrients. The key is to consume a variety of foods and the right amount of foods to meet your calorie needs. Follow the food group recommendations for your age, sex, and activity level to get the right amount of food and the variety of foods needed for nutrient adequacy. Nutrients that vegetarians may need to focus on include protein, iron, calcium, zinc, and vitamin B12.”

The National Health and Medical Research Council

“Appropriately planned vegetarian diets, including total vegetarian or vegan diets, are healthy and nutritionally adequate. Well-planned vegetarian diets are appropriate for individuals during all stages of the lifecycle. Those following a strict vegetarian or vegan diet can meet nutrient requirements as long as energy needs are met and an appropriate variety of plant foods are eaten throughout the day.”

The Mayo Clinic

“A well-planned vegetarian diet (see context) can meet the needs of people of all ages, including children, teenagers, and pregnant or breast-feeding women. The key is to be aware of your nutritional needs so that you plan a diet that meets them.”

The Heart and Stroke Foundation of Canada

“Vegetarian diets (see context) can provide all the nutrients you need at any age, as well as some additional health benefits.”

Harvard Medical School

“Traditionally, research into vegetarianism focused mainly on potential nutritional deficiencies, but in recent years, the pendulum

5. Add spices to your liking and continue cooking for 4 minutes, stirring frequently.
6. Once the food begins to brown, take off the heat and serve. (Preferably in a liberated dog bowl. Woof woof!

Pumpkin Curry

I remember when I made this. I was with a partner and I stole the pumpkin I used to make this from a church yard during Samhain. This shit was delicious and I used the seeds to make an amazing snack (See "Roasted Garlic-Dill Pumpkin Seeds" on page). Best served with rice and tofu!

Ingredients:

- 1 whole yellow onion
- 2 cups of cashews
- 1 whole red onion
- 1 small pumpkin
- 3-5 garlic cloves
- 1 roasted yellow bell pepper
- 2 roasted jalapeno
- a few dashes of tumeric, salt, cinnamon, pepper
- 1 can coconut milk

Directions:

1. Preheat your oven to 350 on bake
2. Clean and halve your onions, peppers, and garlic cloves
3. Clean pumpkin and cut into fourths.
3. When the oven is ready, drizzle vegetables with olive oil and roast until soft and slightly charred
4. (optional) While your vegetables are roasting, toast the cashews in a pan until brown. This brings out a really nice flavor but is entirely optional.
5. Combine garlic, pumpkin, peppers, and onions in a blender with coconut milk. Blend cashews into and season to taste!

Roasted Garlic-Dill Pumpkin Seeds

These is a delicious snack that is relatively simple to make, and will blow your brains out!

veganism is full of color! It exalts variety and trust me, you won't ever again be bored cooking once you start experimenting with flavor!

With the section intro out of the way, let's get into some of these recipes!

The Kibble

Some ignorant people like to claim that the vegan diet does not allow for enough protein, that somehow sufficient amounts of protein only exist within pillaged flesh. This dish is my response to this dumbass claim, along with a hearty fuck you! This meal is literally a protein stack.

The final product will look like Gravy Train dog food and it even smells like the stuff, so that is where the name "kibble" comes from. It's standard issue vegan feed!

Ingredients:

- 2 cups cashews
- 2 cups crushed mushrooms
- 2 cups cubed tempeh
- 1 can kidney beans
- Spices (dill, paprika, nutritional yeast, salt, pepper, mustard, oregano, garlic powder, onion powder, cumin) to taste
- Sesame oil to taste
- Chili oil to taste
- Soy sauce to taste
- Lemon juice to taste
- Olive oil to grease the pan

Directions:

1. Drizzle olive oil into a frying pan on medium-high and heat until slightly sizzling
2. Add cashews first and cook for 7-10 minutes, stirring frequently. (They will need to soften before the other ingredients can be introduced.)
3. While cashews are cooking, hand-crush or dice mushrooms and set aside. Repeat with tempeh and set aside.
4. When cashews are soft, add mushrooms and tempeh to the pan and stir.

has swung the other way, and studies are confirming the health benefits of meat-free eating. Nowadays, plant-based eating is recognized as not only nutritionally sufficient but also as a way to reduce the risk for many chronic illnesses."

British Dietetic Association

"Well planned vegetarian diets (see context) can be nutritious and healthy. They are associated with lower risks of heart disease, high blood pressure, Type 2 diabetes, obesity, certain cancers and lower cholesterol levels. This could be because such diets are lower in saturated fat, contain fewer calories and more fiber and phytonutrients/phytochemicals (these can have protective properties) than non-vegetarian diets. (...) Well-planned vegetarian diets are appropriate for all stages of life and have many benefits."

Common Dietary Problems

(This depends on your definition of common.

Wikipedia cites less than 1% for celiac, whereas it cites e.g. diabetes as 10% of adults and 7th leading cause of death globally)

Celiac Disease

Celiac disease is a condition where your immune system attacks your own tissues when you eat gluten, a protein present in wheat, barley and rye. There is no clear reason to trigger this condition, some of the symptoms: diarrhea, stomach aches, bloating and farting (flatulence), indigestion, constipation and also cause more general symptoms, including tiredness (fatigue) as a result of not getting enough nutrients from food (malnutrition), unintentional weight loss, an itchy rash (dermatitis herpetiformis), problems getting pregnant (infertility), nerve damage (peripheral neuropathy), disorders that affect coordination and balance and speech (ataxia). If diagnosed with Celiac Disease, avoid any food that contains wheat, barley and rye as pasta, cakes, breakfast cereals, most types of bread and most beers.

FODMAPs

Are types of carbohydrates found in certain foods, mostly veggies like fruits high in fructose. Some digestive symptoms like gas, bloating, stomach pain, diarrhea and constipation can indicate a low tolerance to Fodmaps.

Anemia

Anemia is a deficiency of dietary iron that can be worsened by loss of blood or pregnancy. Symptoms are tiredness and lack of energy, shortness of breath, noticeable heartbeats (heart palpitations) and pale skin. Besides dietary supplementation, the inclusion of dark-green leafy vegetables, dried fruit like apricots, prunes and raisins, and pulses (beans, peas and lentils) can help. Avoid drinking tea, coffee or mixing calcium supplement with other iron rich food.

Vitamin Deficiencies

From a vegan dietary perspective, one of the most difficult nutrients to get from the diet is vitamin B12, as there is no safe sources as far, we know, so be sure to complement your diet with B12 tablets. Some vegan-friendly foods, such as nutritional yeast, contain noteworthy amounts of this vitamin. However, supplementing the vitamin is still your best bet to ensure adequate consumption.

Deficiency in B12 can lead to anemia, or other symptoms like pale yellow tinge to your skin, a sore and red tongue (glossitis), mouth ulcers, pins and needles (paranesthesia), changes in the way that you walk and move around, disturbed vision, irritability, depression, changes in the way you think, feel and behave a decline in your mental abilities, such as memory, understanding and judgement (dementia).

Diabetes

Diabetes is a condition that can be acquired through a poor diet (type 2 diabetes). It's lifelong condition that causes a person's blood sugar level to become too high. It can be avoided or reversed (in cases of pre-diabetes) following a balanced vegan diet.

Some factors can contribute to a higher chance of developing diabetes, like eating too much sugar or ultra processed foods (attention to fructose syrup and other ingredients that can apport to

many refined carbs in your diet), not having an active lifestyle, being overweight, and smoking.

A Collection of Nutritious Vegan Recipes

[This section is original to this zine]



So, you've read a little bit about staying healthy and maintaining a nutrient rich diet while vegan. If you are new to veganism, you may be thinking to yourself:

“Man, this shit is confusing! How am I supposed to make good food when I'm this limited?”

Well my blossoming friend, you are NOT limited. Having had my love of cooking enriched by the vegan diet, I can tell you that dietary