

## Vegetarian Picks

Complement vitamin B12 intake with wholesome plant foods for a vegetarian diet rich in antioxidants, phytochemicals and polysaccharides that help to protect the body against disease. By choosing your food wisely, being vegetarian can be healthier.

King of Mushrooms\_\_

**ABM (Agaricus blazei murill) Mushroom** Rich in polysaccharides, ABM mushroom is also an exceptional natural source of iron that is easily absorbed without side effects.

Nutritious Mushroom\_\_

**Maitake Mushroom** Maitake mushroom' s store of iron and polysaccharides nourishes the immune system. Iron from plant sources is easily absorbed and has no risk of overdose.

Fruits of Life\_\_

**Acerola Cherries** Originating in tropical America, acerola cherries are naturally rich in vitamin C, a powerful antioxidant. High amounts of vitamin C aid vitamin B12 and iron absorption. Acerola cherries contain 33 times or over 3,000% the amount of vitamin C in orange juice, making them a perfect complement to vitamin B12 and iron.

Fruits of Vitality\_\_

**Blueberries** Small yet delicious, blueberries are some of the most antioxidant-rich fruits that help to fight free radical damage. They have many natural antioxidants and compounds that promote heart, brain, eye and musculoskeletal health. They also work synergistically with vitamins C and B12, boosting immunity.

**The body cannot produce vitamin C, so it must obtain vitamin C from food. Experts recommend obtaining vitamin C from wholesome plant foods as the body absorbs vitamin C in wholesome plant foods more readily than vitamin C in synthetic sources.**



**Vegetarians should select plant foods that are beneficial to health. Eat smart and boost your immunity!**

**From today, aim to obtain delicious and nutritious plant foods for health and vitality!**



**丞燕国际机构**  
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For enquiries, please contact:

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**Veggies  
for Health**

**Eat  
your way  
to  
good health!**

## Vegetarian Diet · Ideal Diet

- Reap benefits with a vegetarian diet. Proven to be low-fat and high-fiber, it helps to increase immunity and lowers risks of heart disease, cancer, diet-related diabetes, obesity, high blood pressure and other illnesses.

Vitamin C, Vitamin B12,  
Iron,  
Polysaccharides

Agaricus Blazei Murill  
Acerola Cherry  
Blueberry  
Grifola Frondosa

### Vitamin B12

Vitamin B12 maintains a healthy nervous system, enhances immune system function, rapidly synthesizes DNA, helps bone marrow to form red blood cells for delivering oxygen throughout the body, and is essential for metabolism. Vitamin B12 deficiency can cause anemia, neurodegenerative disease, cancer and birth defects.

Research shows that plants do not contain Vitamin B12, which originates with bacteria. Vegetarians need to make additions to their diets to obtain Vitamin B12. Consuming plant foods rich in polysaccharides, antioxidants and phytochemicals can enhance vitamin B12 absorption.

Plant foods fortified with Vitamin B12 are ideal for vegetarians to meet their daily nutrient requirements. Their absorption can be enhanced with Vitamin C-rich foods.

### Iron

Iron, an essential part of hemoglobin in red blood cells, aids oxygen supply to cells to make energy. A lack of iron can cause iron deficiency anemia, leading to reduced oxygen supply that limits metabolism and causes fatigue, a tendency to feel cold, inability to concentrate, weakened immunity and frailty.

Iron from plant sources is good for you. Possible side effects of iron supplementation, on the other hand, include constipation, nausea, vomiting, diarrhea, dark colored stools, abdominal distress and severe hemochromatosis.

## Vegetarian Food Traps ▶

**Beware of the following traps rampant in vegetarian food.**

### ▶ Processed Food

Contains added coagulants, bleach, preservatives and other chemical additives, or genetically modified ingredients (e.g. genetically modified soy as a main ingredient).

### ▶ Fried Food

Contains excessive Omega-6 fatty acids that are inflammatory and harmful to cardiovascular health.

### ▶ Limited Variety of Polysaccharides

A single type of mushroom (e.g. Shiitake mushroom) as the sole source of polysaccharides.

### ▶ Bad Preparation Method and Oil Used

These destroy phytochemicals and antioxidants.

### ▶ Nutrient Deficiencies

Diet lacks iron, vitamin B12 and Omega-3 fatty acids.

## Vegetarian's Dilemma

Vegetarian diets can be good for health, but many vegetarians do not obtain a balanced, varied diet and eat improperly processed food, putting their health in danger. What's more, vegetarians tend to lack the following nutrients.

