

vöndi's

Vegan Diet

"The Healthy Natural Alternative"

Vegan Diet – Recipe and Nutritional Value

In presenting any nutritious meal for human or pet, meat or vegan, there are two important considerations. The cooking method which you use to prepare your food and the other is the quality and choice of ingredients.

Vondis has always adopted scientific procedures to prepare the food and therefore, certain ingredients are left to simmer on a low heat and there are some that are included raw. This **very special Vondi's cooking process ensures maximum nutritional value and digestibility.**

In choosing the ingredients, we have utilized scientific and nutritional data to formulate a recipe that is totally balanced and nutritious and **that will ensure a healthier and longer life.**

In all case we only use natural, real and wholesome foods that are certainly free of preservatives

Herewith a list of some of the ingredients we chose and the value that they bring to the diet:

Brown Rice

Brown rice is a great source of healthy carbohydrates and energy. The Chinese believe that it has the perfect balance between Yin and Yang.

Millet

Millet is high in Protein and is rich in B vitamins, especially niacin, B17, B 6 and folic acid, calcium, iron, potassium, magnesium and zinc. Millets contain NO gluten.

Lentils

Lentils also contain high levels of protein and essential amino acids. They are also one of the best vegetable sources of iron. Health magazine has selected lentil as one of the 5 healthiest foods.

Peas

Peas are also high in energy and rich in Vitamin B1, B3, B6 and B9. It is also very rich in Vitamin C and Phosphorus.

Pearl Barley

Barley contains all eight essential amino acids. Considered a whole grain, dehulled barley still has its bran and germ, making it a healthy and nutritious food.

Wheat Germ

Wheat germ is a concentrated source of several essential nutrients including Vitamin E, folic acid, phosphorous, zinc and magnesium... It also contains essential fatty acids.

Rolled Oats

Whole oats is an excellent source of thiamine, iron and dietary fiber. Fiber is helpful in reducing cholesterol levels in the bloodstream. Oats also contain beta-glucan which helps to control blood sugar levels and stimulate the immune system to fight off bacterial infections.

Beetroot

Beetroots are rich in the nutrient betaine, which is important for cardiovascular health. Betaine also protects against liver disease, particularly the build up of fatty deposits in the liver caused by protein deficiency or diabetes.

Butternut Squash

Butternut is extremely rich in Vitamin A and B-carotene.

Sweet Potato

Sweet Potato are rich in complex carbohydrates, dietary fiber, beta carotene, vitamin c and vitamin B6. In 1992, The Center for Health in the Public Interest rated the sweet potato as the highest vegetable in nutritional value. .

Broccoli

Broccoli contains high amounts of vitamin C and soluble fiber and contains multiple nutrients. Some even claim that broccoli has anti cancer properties.

PARSLEY - *is rich in iron builds blood, promotes oxygen absorption, gives good pigment to skin and hair and nourishes the nerves, muscles and internal organs. It also refreshes bad breath.*

CARROTS *have a wealth of minerals and a must for any pet food. It builds strong teeth, bones, cartilage and nails. It gives energy, vitality and strength, promotes healing of wounds and aids with digestion. It is an eye strengthener, fights infection and maintains the health and strength of the entire body.*

Celery – cleanses kidneys and bladder, reduces acidity and improves circulation to muscles and joints.

GARLIC - *is a miracle herb and has a powerful natural disinfectant which helps to destroy harmful bacteria in the animals system and helps detoxify the body. It also tones the lymphatic cells and helps purify the bloodstream and intestines. It prevents viruses from multiplying and creates hostile conditions that repel most parasites and strengthens the immune system.*

Variety of freshly picked organic herbs - The medicinal and mineral wealth in herbs is well documented and is essential to the health of all animals. As result have had amazing success in treating skin allergies and eczema, bad breath, bladder disorders, obesity, eye ailments, diabetes, cancer and nervousness.

Calcium Gluconate – is essential for living organisms, particularly in cell physiology and as a major material used in the mineralization of bones.

Zinc Gluconate – is a popular form for the delivery of Zinc as a dietary supplement.

Taurine - is necessary for normal skeletal muscle functioning.

L-Carnitine – is required for the transport of fatty acids for the generation of metabolic energy.

VONDIS VITAMIN SUPPLIMENT

Yeast: all B vitamins

Lecithin: helps body absorb fats

Garlic: natural anti-biotic and flea deterrent

Kelp: Sea minerals

Calcium: bone builder

Dandelion: cleans liver and kidneys

Vitamin C: tiny amount as they produce a lot of their own. Calcium ascorbate used as we don't want to irritate the lining of the stomach

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Holistic Pet Nutrition

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59 Regent Road Sea Point

Tel: (021) 439 1784

www.vondis.co.za