

Our Position

We believe the best approach to eating is one that is predominantly based on a wide variety of nature's whole plant foods and may also include a small amount of dairy and eggs. This style of eating is known also as lacto-ovo vegetarian and is sometimes simply referred to as "vegetarian" or "meat-free" eating.

By nature's whole plant foods* we mean vegetables, fruits, whole grains, legumes, nuts, seeds, herbs and spices.

Why do we believe this?

We have been committed to a plant-based approach to eating from the foundation of our company over 100 years ago. It is a philosophy first articulated in the Bible and further expanded in the writings of one of our visionary founders, Ellen White.

Since that time, an overwhelming amount of scientific research has proven that plant-based eating can contribute to better health. Well-balanced vegetarian diets increase longevity and quality of life by protecting against overweight and obesity, heart disease, many types of cancer, hypertension (high blood pressure) and stroke, type 2 diabetes, constipation, diverticular disease, gallstones, gout and osteoporosis.

Plant-based eating, as a lifestyle choice, enhances world wellbeing – it is protective of animals and environmentally sustainable, leaving a gentle 'ecoprint' on the world.

How does plant-based eating enhance our health?

Healthful plant-based eating, with an emphasis on a wide variety of nature's whole foods, nourishes us with nutrients that enhance our health and protect against disease - including good quality carbohydrates, protein, essential fats, fibre, vitamins, minerals and phytonutrients - and minimises the substances that can harm our health - including saturated and trans fats, refined sugar and salt.

* We believe these foods are best consumed whole or as close to their natural state as possible. We also believe that some processing may be necessary to make nutrients more available or to bring these wholesome foods to people in a way that enables them to be easily and conveniently incorporated into their daily lives.

Can vegetarian diets provide all the nutrients we need?

Well-balanced vegetarian diets - containing small amounts of dairy and eggs - can certainly meet all our nutritional needs for protein, iron, zinc, calcium, vitamin B12, iodine and essential fatty acids. For vegans, who consume no dairy or eggs, supplementation with vitamin B12 may be necessary.

Your personal choice

While we believe that a vegetarian style of eating is an ideal approach to eating, we believe that people should choose an eating style that suits their food preferences and requirements. We appreciate that not everyone will want to be vegetarian, but we do want people to know that a vegetarian diet can provide optimal nutrition and that it has been shown to increase both length and quality of life. We simply want to encourage everyone to enjoy more whole plant foods so they can experience the benefits of plant-based eating for themselves.

For more information please contact us at the Sanitarium Nutrition Service on 1800 HEALTH.

About Us:

The Sanitarium Nutrition Service is community service initiative. We are a team of fully qualified nutritionists and dietitians who work together to help people enjoy the benefits of healthy food and the benefits of a healthy lifestyle. You can speak personally with a dietitian to answer any questions you may have on health and nutrition and we have a wide range of leaflets, cookbooks and other food and recipe services.

Whether its nutrition advice for you or your family or for delicious recipe ideas, just give us a call on 1800 HEALTH (1800 432 589) or contact us via our website www.sanitarium.com.au