

# Keep It Vegan

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## City of New Orleans Dining Menu - Amtrak

White Cheddar | Hippeas Vegan Nacho Puffs Dinner Entrées are served with a complimentary alcoholic beverage. CURRY POT ROAST Tender Beef ... Keep your receipt for all returns, refunds and exchanges. Scan to enter the Amtrak Food and Beverage website for access to Food Facts, menus, ...

### BRUCH - [spccs1.co.uk](http://spccs1.co.uk)

KEEP IT SIMPLE BURGER (VG) Choose either a no-beef soya burger 243 kcal or a Quorn™ buttermilk-style fillet burger 188 kcal, topped with iceberg lettuce, chopped onion, gherkin, ketchup and vegan mayo in a toasted bun with skinny fries and BBQ sauce. 827 kcal excl. burger choice SMASHED AVO CRUMPETS (V) Two crumpets stacked with poached

### lunch & dinner - Amtrak

Hippeas Vegan Nacho Puffs 3.00 Gardetto's Snack Mix 4.50 Haribo Gummy Bears 2.50 BEVERAGES NON-ALCOHOLIC Body Armor fruit punch or lyte mango 3.00 Orange or Apple Juice 3.00 Iced Tea 3.00 Coffee regular or decaf 2.75 Starbucks Teavana Hot Tea 2.75 Hot Chocolate 2.75 Coke, Diet Coke or Coke Zero 2.50 Sprite, Ginger Ale 2.50 Bottled Water 2.25

### THE WEDGE PIZZERIA - [getbento.com](http://getbento.com)

capicola, brisket, vegan sausage veggies \$1 red bell pepper, button mushrooms, red onion, tomatoes, kalamata olives, black olives, ... buy one get one free pizza every monday with keep it local card • 4pm - close personal \$9 8 inch pie - 4 slices ny large \$24 18 inch pie - 8 slices gluten free \$12 10 inch pie - 6 slices signature pies

Manchester Hospitals (MFT) Anaemia Guide Version 4 Aug ...

- Inadequate dietary intake of B12 eg: vegan diet • Intestinal • causes – oMalabsorption B12 >197ng/L B12 ?197ng/L –Ileal resection –Crohn's disease • Medicines – eg: colchicine, anticonvulsants, long term PPIs and H2 metformin, anticonvulsants BUT strong clinical suspicion (e.g.: macrocytic anaemia/ neuropsychiatric symptoms/

We've got your back. Ask a member of our team MAD

KEEP IT SIMPLE (VG) 9 With vegan mayo, no fuss. 827 kcal excl. burger choice LOW & SLOW 11.5 BBQ beef burnt ends, streaky bacon and jalapeños with a burger cheese slice and sweet & sour onion. 1200 kcal excl. burger choice HOT DOG 11 PORK 971 kcal or MOVING MOUNTAINS® (VG) 939

### Healthy Vegetarian Eating - Alberta Health Services

Calcium and vitamin D help keep your bones and teeth healthy. Vegans may have trouble eating enough calcium and vitamin D to meet their needs. Look at the lists of higher calcium foods on page 2. Eat a variety of higher calcium foods from all 4 food groups to meet your needs. Each day you will also need to eat foods high in vitamin D such as: eggs

### NEW & IMPROVED Restore Reinvented

source' that helps to keep Probiotics active. You'll find both Pre and Probiotics in the new serum. NEW Restore PRO Intense Serum 30ml \$89 RRP (19983) All skin types Use AM / PM Evens skin tone, deeply nourishes, visibly improves fine lines, wrinkles, skin elasticity and firmness. Pre & Probiotics restore the skin's microbiome.

The Anti-Inflammatory Lifestyle - UW Family Medicine

though there are now vegan supplements derived from algae that contain both EPA and DHA. Consider supplementing your diet with a high-quality fish oil. 1 gm of fish oil has about 0.5-1 gm of combined omega3s, so target 3-4 gms of fish oil daily, or 5t 3-4 gms to treat inflammatory conditions. • Increase Olive Oil

#### ANTACID and OXETACAINE ORAL SUSPENSION

Halal and vegan. Low sodium: 0.06mg/5ml: Pharmacological Action: Alumina gel and magnesium hydroxide react chemically to neutralize or buffer ... Keep bottle tightly closed in a cool place, but keep from freezing. Written by: Joe Harrison, Palliative Care Pharmacist: Date of Preparation: December 2019, Version 3 Approved by: Palliative Care MCN: