

Plant-Based Sources for Key Nutrients

Vitamin B-12

2.4 mcg/day (total, in at least two divided doses)

- B12 fortified foods

1 tsp. Red Star Vegetarian Support Formula Nutritional Yeast (T6635+)	1.3 mcg
1 cup fortified soymilk (Silk, Edensoy Extra, Soy Dream)	3.0 mcg
1 cup fortified rice milk (Rice Dream)	1.5 mcg
1 serving fortified breakfast cereal (Cheerios, Cornflakes, Grapenuts, etc.)	1.5 mcg
1 veggie hot dog (Yves Veggie Dogs)	1.5 mcg
4 slices veggie bologna (Yves)	1.2 mcg
1 cup Celestial Seasonings Tension Tamer herbal tea	1.2 mcg

Vitamin D

2,000 IU/day

- Vitamin D fortified plant milks
- Vitamin D fortified breakfast cereals
- Certain mushrooms

1 cup fortified soymilk (Silk)	120 IU
1 cup fortified rice milk (Rice Dream)	100 IU
1 serving fortified breakfast cereal (Cheerios, Cornflakes, Grapenuts, etc.)	40 IU
4 dried shitake mushrooms	250 IU
5 chanterelle mushrooms	200 IU
1 cup white mushrooms	70 IU

Protein

0.9 grams per kg of healthy body weight/day

- Legumes (beans, peas, lentils)
- Nuts and seeds
- Whole grains

1 cup cooked kidney beans	15 g
1 cup cooked lentils	18 g
1/2 cup tofu (Nasoya firm, Chang Shing firm)	14 g
1 cup soymilk (Silk)	6 g
1 veggie hot dog (Yves Veggie Dogs)	16 g
1 veggie burger (Boca Burger)	13 g
2 Tbs. peanut butter	9 g
1/4 cup walnuts	4 g
2 Tbs. flax seeds	4 g
1 slice whole wheat bread	3 g
1 cup cooked oatmeal	6 g
1 cup cooked brown rice	9 g
1 cup cooked quinoa	21 g

Calcium

1,300 mg/day (Ages 9-18); 1000 mg/day (19-50 yrs); 1200 mg/day (51+)

- Green leafy vegetables (except spinach, Swiss chard and beet greens)
- Legumes (beans, peas, lentils)
- Calcium fortified foods

1 cup cooked collards	356 mg
1 cup cooked broccoli	178 mg
1 cup navy beans	130 mg
1/2 cup tofu (Nasoya firm, Chang Shing) firm	200 mg
1 cup fortified plant milk (Silk, Westsoy Plus, Rice Dream)	300 mg
1 cup calcium fortified orange juice	300 mg
1 serving Total breakfast cereal	1000 mg
1 Tbs. blackstrap molasses	170 mg
5 dried figs	60 mg

Iodine

150 mcg/day

• Sea vegetables	
• Iodized salt	
1 gram hijiki seaweed	700 mcg
1 gram kelp (kombu)	5000 mcg
1 gram Maine Coast Sea Vegetables dulse	50 mcg
1 gram Maine Coast Sea Vegetables alaria	150 mcg
1 sheet of nori	40 mcg
1/2 tsp. iodized salt	140 mcg

Iron

32 mg/day (Menstruating vegetarian women); 14 mg/day (Vegetarian men)

• Legumes (beans, peas, lentils)	
• Green leafy vegetables (except spinach, Swiss chard and beet greens)	
• Dried fruits	
• Iron-fortified breakfast cereals	
1 cup cooked chickpeas	6.8 mg
1/2 cup tofu (Chang Shing firm)	12.6 mg
1/2 cup tofu (Nasoya firm)	2.1 mg
1 veggie hot dog (Yves Veggie Dogs)	4.5 mcg
1 cup cooked kale	1.2 mg
10 dried apricot halves or 4 dried figs	1.7 mg
1/4 cup pumpkin seeds	5.2 mg
1 packet instant oatmeal	6 mg
1 cup Corn Flakes or Cheerios	8.1 mg
1/2 cup Grapenuts	16.2 mg
1 cup Total cereal	18 mg
1 Tbs. blackstrap molasses	3.6 mg
1 cup cooked quinoa	4.4 mg

Note: Consuming Vitamin C rich foods with meals can increase iron absorption. Foods particularly rich in Vitamin C include bell peppers, broccoli, tropical fruit, melon, and citrus.

Zinc

12 mg/day (Women); 15 mg (Men)

• Legumes	• Whole grains
• Green leafy vegetables	• Zinc-fortified breakfast cereals
• Nuts and seeds	
1 cup cooked adzuki beans	4 mg
1/2 cup cooked tempeh	1.5 mg
1 veggie hot dog (Yves Veggie Dogs)	3.75 mg
1 cup cooked collard greens	0.8 mg
1/4 cup peanuts	3.6 mg
1/4 cup pumpkin seeds	2.6 mg
1/2 cup millet	1.1 mg
1 cup Cheerios	4.5 mg
1 cup Total cereal	15 mg

Beta Carotene

14,000 IU/day (Vegan women); 18000 IU/day (Vegan men)

• Deep orange fruits and vegetables	
• Green leafy vegetables	
1 cup cooked carrots	20840 IU
1/2 sweet potato	15813 IU
1 medium raw carrot	8983 IU
1 wedge cantaloupe	2225 IU
1 apricot	1480 IU
1 cup cooked kale	16033 IU
1 cup cooked broccoli	3196 IU
1 cup raw spinach	2015 IU