

How Vegetarians Get Calcium, Iron, Protein, A, B12 & D

VEGETARIAN
NUTRITION GUIDE



VegHealth



Introduction

by Erin Lucas, Program Director at The VegHealth Institute

It's time to take control of your health once and for all!

Congratulations and thank you for picking up this handy Vegetarian Nutrition Guide!

As someone who has embraced a plant-based diet, you're less likely to suffer from chronic health conditions such as high blood pressure, high cholesterol, heart disease, type 2 diabetes, cancer and countless other diseases that are silently killing millions of people every year.

Eliminating meat and animal products is a HUGE step on the road to achieving and maintaining optimal health.

But did you know that simply ditching animal products without adding in the right kinds of real, whole, plant-based foods can lead to serious health risks like vitamin and mineral deficiencies?

That's exactly why we created this guide! It's a fantastic resource for anyone eating a vegetarian diet to improve your health and protect the health of the planet.

This guide has been designed specifically to address some of the most common nutritional hurdles and potential pitfalls that come with eating a vegetarian diet.

Even though it's probably the most healthy thing you've ever done for your body, there are some things to watch out for to get the most out of this way of eating.



I say this from personal experience, because I certainly had some bumps in the road on my own journey to healthy eating. **After spending the first part of my life being addicted to cheese, chips, and cookies...and thinking I wouldn't survive without meat... I made the switch to a vegetarian diet 12 years ago, and saw some pretty immediate benefits.**

The acid reflux I'd struggled with for years disappeared, and I was no longer dependent on a pharmaceutical drug to make it through the day without searing heartburn.

However, I really didn't know much about nutrition, much less how to specifically optimize my diet as a vegetarian. I was eating tons of bread, crackers, and hummus, and was missing out on key vitamins and minerals.

As a result, **I struggled with low energy, had difficulty with concentration and memory, struggled with anxiety, and couldn't shake my hypoglycemia.**

Cut to a few years ago when my eyes were opened with the devastating experience of my parents being diagnosed with cancer and my father tragically passed away at just 58 years old. Every day I wonder if my dad could have been saved with the knowledge I know today. It was too late for him, but it isn't too late for me, or my mom, or the millions of other people in this world.

Using my research background from my Masters of Science in biomedical engineering, I took a deep dive into peer-reviewed studies and **I adopted a real-foods, nutrient-first approach to eating.**

Thanks to these changes my health problems disappeared and **I have more energy, a stronger immune system, and a better outlook on life than I've ever had!**

Having experienced the maze of misinformation myself, I know just how powerful it can be to finally get clarity on how to give your body the nutritional support it needs through an optimal plant-based diet.

At Veghealth, our mission is simple – provide the very best resources and education possible to help people navigate optimal health and nutrition while eating a plant-based diet.

Unlike some celebrities and influencers, we want to be 100% transparent about a vegetarian diet. Because the truth is, reaping the full benefits of this way of life is about more than cutting out meat and dairy or making fancy dishes.

You'll see the best results and the biggest impact when you focus not just on what you're cutting out, but also what you're adding in!

Having watched unhealthy vegetarians heal themselves after falling prey to common mistakes for the past two decades, we've identified three key areas that can potentially derail your success:

1. Not knowing which foods to eat for specific nutrients
2. Finding the right combinations of foods to maximize your nutrient absorption
3. Being unaware of foods that block nutrient absorption

That's why we're passionate about changing not just the way people look at a plant based diet, but also the way they IMPLEMENT it in their lives to make the right choices for their health.

There's a wealth of well researched and scientifically proven information that can help you become the healthiest and most vibrant you can be, without encountering nutrient deficiencies and potential health complications along the way.



If you have any of these deficiencies you could be setting yourself up for some unhealthy side effects, such as:

- Weakness, and chronic fatigue
- Lack of mental focus or “brain fog”
- Osteoporosis and bone density loss
- Depression
- Insomnia
- Hair loss
- Tooth and gum decay
- Anxiety

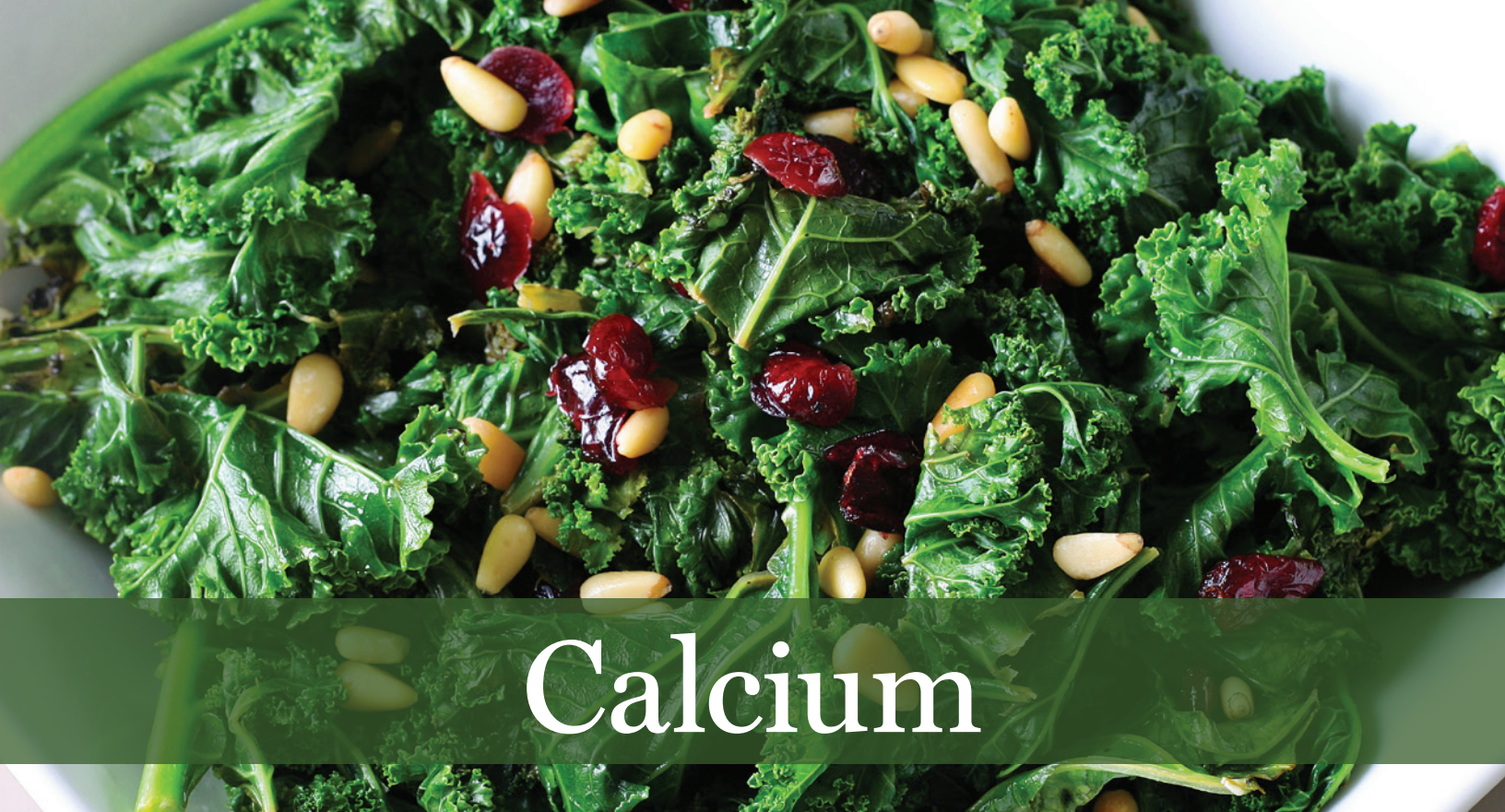
And nobody needs to have to worry about that, especially since we KNOW how to combat these conditions.

We’ve worked with some of the top experts in the world on plant based nutrition and pulled this guide together for you.

It’s filled with beautiful pictures in each section of plants you should be including in your diet, and there’s an **amazingly handy set of charts at the end you can print out so know precisely how much of each nutrient is in your foods** – you can use it daily to make the right choices in the right quantities!

This guide will help you get the MOST out of your diet. Now with that in mind feel free to forward this guide to others. Everyone trying to achieve optimal health while eating a plant based diet needs this information.

On that note, let’s get started!



There are a lot of plants that have high levels of calcium, especially dark leafy greens like spinach, kale, mustard and turnip greens. But there are some things that can interfere with calcium absorption when eating a plant based diet. Does this mean you don't have to worry about calcium? Not necessarily. You're not what you eat. You're what you absorb.

So What Interferes With Calcium Absorption?

Here are two factors that impede calcium absorption:

- 1) **Phytic Acid** occurs naturally in the bran of whole grains, nuts, seeds, soy isolates, and the skins of legumes. It's particularly rich in isolated wheat bran.² It binds to minerals like calcium, magnesium, iron, and zinc to form an insoluble complex, interfering with the absorption of these minerals.
- 2) **Oxalic Acid.** Oxalic acid occurs naturally in many plant foods. When oxalic acid and calcium are contained in the same food, it binds to the calcium and forms less soluble salts known as oxalates. This interferes with absorption. It has the same affect on iron, sodium, magnesium, and potassium, when contained in the same food. The more oxalic acid, the more interference.



Some calcium rich foods high in oxalates are almonds, beets, cocoa, miso, mixed nuts, sesame seeds, spinach, and Swiss chard.

It is important to add plant foods that are high in calcium but lower in oxalic acid. For example, Kale, Bok Choy, and Broccoli. Cooking and soaking also help reduce phytic acid and oxalic acid from foods.

There's much more information about how to truly capitalize on calcium uptake inside our flagship Nutrition Mastery Program where you'll learn:

- Which foods contain high, moderate, and low amounts of oxalic acid
- How to release oxalic acid from your food, so you absorb more calcium from your meals
- Six ways to release phytic acid during food preparation
- Which foods, condiments, and drugs inhibit calcium absorption.
- The latest RDA for men, women, children, and pregnant and breastfeeding mothers
- Quick, delicious recipes high in both calcium and a complimentary nutrient that supercharges calcium absorption, so you absorb more calcium now and for the rest of your life. For example:
 - Lemony Lentil and Potato Chowder
 - Blanched Spinach with Toasted Sesame Dressing
 - Black-Eyed Peas & Spinach
 - Bean & Vegetable Soup

When you know the right foods and the right combinations you'll never have to worry about your calcium intake!





Iron

Iron deficiency is definitely something to keep in mind while eating a plant based diet. Unlike the “heme” iron found in animal products, plant based iron is different and somewhat more difficult for your body to absorb. But there’s GOOD NEWS!

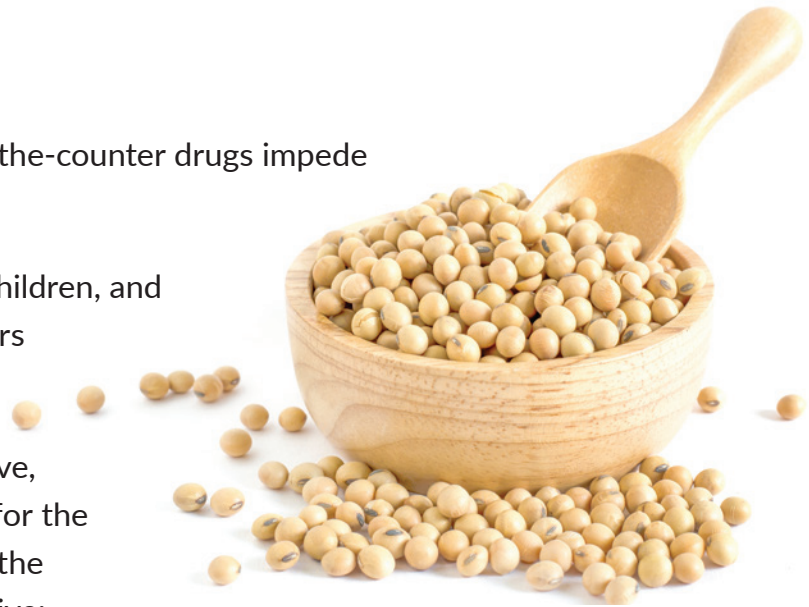
There are three “magic” food combinations that dramatically enhance iron absorption from vegetarian foods!

Did you know that fermented vegetables like sauerkraut and vegetarian kimchi actually enhance iron absorption? (It’s all about the lactic acid in these fermented foods!) Lemon is another magic ingredient for increasing the absorption of iron. Squeeze a little lemon on your lentils, or start a habit of drinking lemon water with your meals.

Inside The Nutrition Mastery Program we take an even deeper dive into the best ways to get iron into your diet like:

- Which other food combinations make the iron in your meals more absorbable
- Which food prep methods release iron-blockers from whole grains, nuts, seeds, and legumes.

- Which foods, beverages, and over-the-counter drugs impede iron absorption.
- The latest RDA for men, women, children, and pregnant and breastfeeding mothers
- Delicious recipes that employ the food combinations referenced above, so you absorb more iron now and for the rest of your life. Here are a few of the mouth-watering recipes you'll receive:
 - Greens Sushi
 - Lemon-Rosemary Tempeh
 - Spicy Thai Wraps
 - Spinach Salad With Orange-Tahini Dressing»
 - Nomi's Smoothie
 - Spinach Puree
 - Orange-Cashew Crème
 - Greens Braised with Tomatoes and Thyme
 - Kale and Potato Smash
 - Spinach with Warm Lentils



You'll enjoy our delicious recipes that employ all three iron-enhancing food combinations!



Protein

Protein is so misunderstood. Especially when it comes to your healthy plant-based diet.

Decades ago, the book *Diet For A Small Planet* led us to believe that beans and grains had to be combined in the same meal. But the book's author later retracted that statement!

That's where all these misconceptions about protein in a plant based diet originate from, but here's the reality.

Plant foods have all of the essential amino acids you need for a healthy life, but the amounts of one or two amino acids are low.

For example, while grains are low in lysine, legumes are low in methionine..But when you eat a well-rounded diet of whole foods, you're almost certain to get all nine essential amino acids in the course of a day.

Take a look at the table in the appendix for plant foods high in protein.



How much protein do you actually need?

The RDA recommends consuming 0.8 grams of protein for every kilogram you weigh (or 0.36 grams of protein per pound you weigh).

Our recommendation is a little different because on a plant based diet, some of the protein is difficult to digest in it's natural state, so we suggest 1 gram of protein per kilogram of body weight.

For example, the protein in whole soybeans has a digestibility score of 78%, whereas the protein from isolated soy protein, soy “meats”, tofu, and other soy foods is in the 90-98% range. Likewise, refined wheat protein is more digestible than the protein in whole wheat berries.

If you eat mostly whole foods, increase your protein intake to 1 gram per kilogram of body weight and you should be good to go!

Inside our comprehensive Nutrition Mastery Program you'll discover even more about protein and your diet like:

- The dangers of eating too much protein
- How to “transform” beans so they never cause gas, bloating, or indigestion.
- Which protein sources we discourage eating and why
- The six vegetarian food groups highest in protein
- The latest RDA for men, women, children, and pregnant and breastfeeding mothers



- Delicious high protein recipes like these, most of which are soy-free:
 - Tuscan White Bean Soup
 - Curried Lentils and Rice
 - Black Bean Quinoa Burgers
 - Hearty Cabbage Casserole
 - Heirloom Bean & Vegetable Soup
 - Faux Salmon (almond-based)
 - Sun Garden Burgers
 - Blanched Spinach with Toasted Sesame Dressing





Vitamin A

Here's something I bet you didn't know... plant foods don't contain active Vitamin A - they have beta-carotene, which is a precursor to Vitamin A.

Foods rich in beta-carotene include broccoli, dark leafy greens like spinach, collards, and kale, carrots, yams, pumpkin, sweet potatoes, cantaloupe, apricots, papaya, mango, and peaches.

Now, this might lead you to believe that because of all the beta-carotene that your body would convert that into Vitamin A, but that's kind of hit or miss.

There are two things can affect this conversion process:

- 1) The beta-carotene in vegetables is hard to absorb, especially those with tough cell walls (e.g. carrots).
- 2) Few people eat beta-carotene together with the nutrients that supercharge Vitamin A production (when combined with beta-carotene foods). For example, if you eat foods high in beta-carotene with fat, the absorption is improved.

But again, there's good news!

There are three food prep techniques that break down the cell walls in vegetables, making beta-carotene easier to absorb. Cooking is one of them. The other two will be a God send if you eat lots of raw vegetables.

We cover all of it, in detail, inside The Nutrition Mastery Program with even more information like:

- Which three food prep techniques break open the cell walls in vegetables, making their beta-carotene easier to absorb
- Which two nutrients supercharge the conversion of beta-carotene into Vitamin A, when you eat them at the same time
- The latest RDA for men, women, children, and pregnant and breastfeeding mothers
- Delicious recipes that employ the food combinations referenced above, so you convert far more beta-carotene into Vitamin A now and for the rest of your life.
For example:
 - Basil-Red Pepper Sauce
 - Zucchini Cheddar Soup
 - Curried Cashew Crème Sauce
 - Sesame Ginger Kale
 - Sweet Potato and Cashew Korma with Rice

Our recipes aren't just delicious. They follow the life-saving food combinations we teach. So you absorb far more vitamins and minerals.





Vitamin B-12

There is one vitamin that can become a problem with plant-based diets and that's lack of B12.

The most reliable plant sources of B12 are supplements and B12-fortified foods. These include cereals, non-dairy milks, Red Star nutritional yeast, and “meats” made from wheat gluten or soybeans).¹³

Because of the lack of B12 in a fully plant-based diet, We actually recommend you take a B12 supplement in methylcobalamin form (not the synthetic cyanocobalamin). A safe dose is 1,000 mcg a day, since less than 1% of B12 is absorbed.

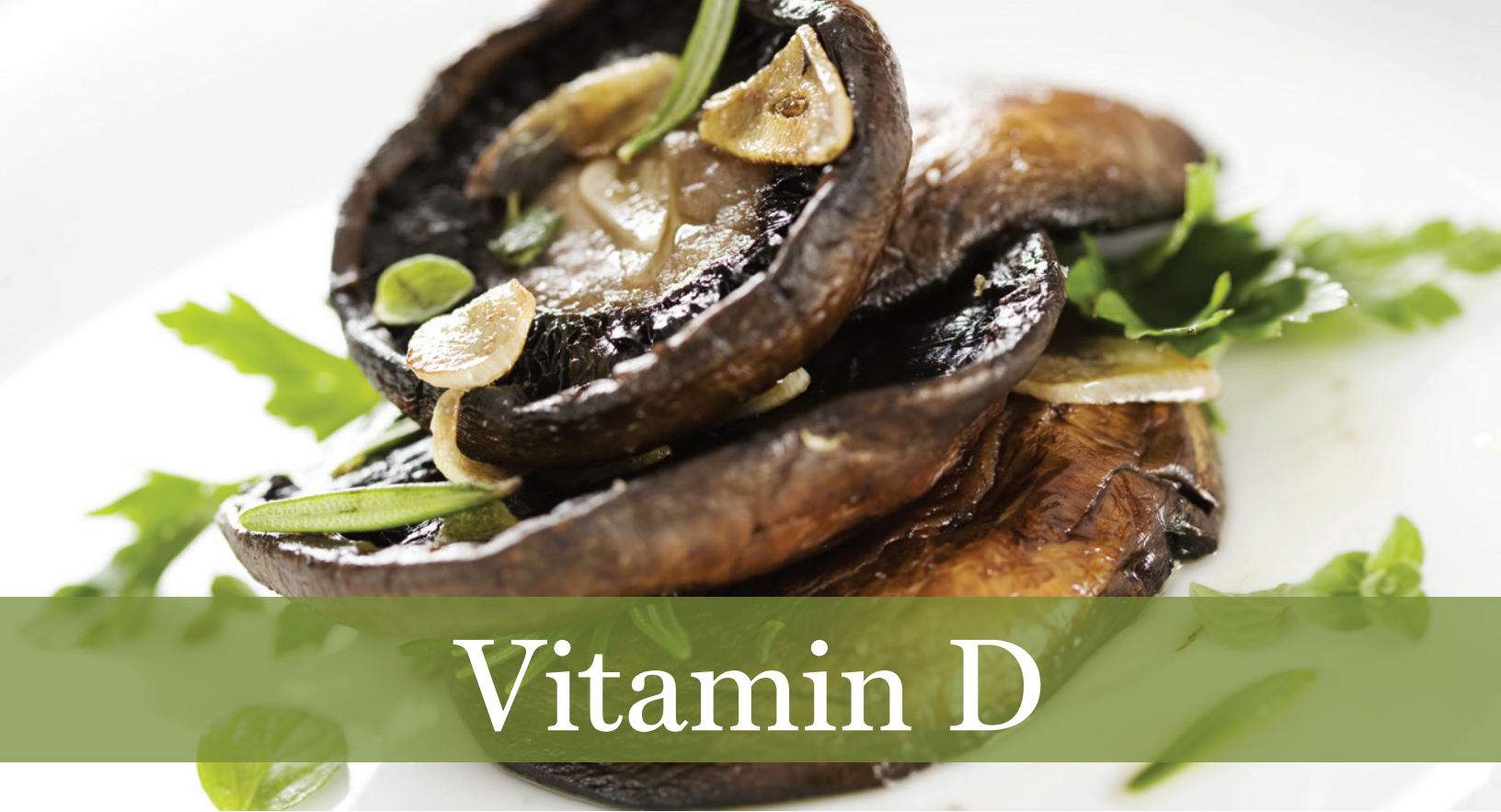
We personally love [Alpine Organic's Complement](#) supplement made especially for vegetarians. Use the code VHI10 for a discount!

Once again we cover this topic in depth inside [The Nutrition Mastery Program](#) where you'll learn:

- When nutritional yeast has less B12 than it claims to

- How much B12 is in fermented soy products, amesake rice, umeboshi prunes, and the soil on unwashed veggies
- Which foods are purported to be good B12 sources, but actually block the absorption of active B12... causing B12 deficiency
- How to know if you're deficient in B12
- The latest RDA for men, women, children, and pregnant and breastfeeding mothers
- A mouth-watering recipe for a Nutritional Yeast Gravy





Vitamin D

Well... it's time to bust a myth and it's one that's been lingering around for a long time.

That sunlight alone is an adequate source of Vitamin D. It's not.

In their natural form, only a few plant foods contain vitamin D, notably algae, lichen, and UV-irradiated mushrooms. But the amounts are small.

The problem isn't limited to vegetarians. Even many omnivores are at risk for Vitamin D deficiency. In fact, according to a 2011 study, 41% of US adults are deficient in vitamin D.

This a huge concern because your body needs vitamin D to absorb calcium, and build and maintain strong bones.

Fortification To The Rescue

For these reasons, it's become common practice to "fortify" orange juice, breakfast cereals, and other staple foods with vitamin D3.

For people who eat meat, this isn't a big deal, but If you're dedicated to a fully plant based diet – you might want to know the following (rather alarming) statistic:

Fortified Vitamin D3 can come from sheep wool lanolin, pig skin, or cow skin. And here's the clincher...

There's no law requiring food manufacturers to indicate the source of the D3 in their foods. There couldn't be. That's because after D3 is extracted, purified, and crystallized, it's impossible to determine the original source. But there are two pieces of good news:

- 1) Most non-dairy milks are fortified with plant-based Vitamin D2. 1 cup of fortified soy / rice / almond / oat milk typically contains 100 IU.
- 2) When Portabello mushrooms and white "button" mushrooms are briefly exposed to intense ultraviolet light, their naturally-occurring ergosterol is activated to vitamin D2 (ergocalciferol) in quite significant amounts. 3 ounces of UV-exposed mushrooms contain 1520 IU! You can find these at most health food stores.

So how can adults get the recommended daily dose of 1000 IU? You can make UV-exposed mushrooms a staple in your daily diet. Or you can take a D2 supplement, or a D3 supplement derived from lichen. The majority opinion in research papers is that Vitamin D3 is more effective than D2.

Once again, inside The Nutrition Mastery Program we take a much closer look at Vitamin D and how you get enough in your diet with tips like:

- Which other foods are fortified with plant-based Vitamin D
- How Vitamin D partners with calcium to keep your bones strong
- Why you probably get less Vitamin D from the sun than once believed
- How to know if you're deficient in Vitamin D
- The latest RDA for men, women, children, and pregnant and breastfeeding mothers
- Delicious ways to prepare UV-exposed mushrooms including:
 - Hungarian Mushroom Soup
 - Marinated Mushrooms
 - Portobello Mushroom Burgers





Omega 3's

Omega 3's are fatty acids that are crucial to your overall health. There are 3 kinds (two of which are not found in plants). Plants do contain ample amounts of ALA - alpha-linolenic acid (ALA), a short chain Omega-3 fatty acid.

But your body also needs two long chain Omega-3 fatty acids: EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). So how do you get those?

Unfortunately, EPA and DHA are almost non-existent in plant foods, with one exception: algae.

In fact, if you want to take DHA in supplement form, Dr. Joel Fuhrman makes the case that algae based DHA is superior to fish oil. (In fact, it's the reason fish oil is SO high in Omega 3's! They eat the algae!).

The [Alpine Organic's Complement](#) supplement also contains DHA/EPA and we love the spray form/ Use the code VHI10 for a discount!

But what if you don't take DHA supplements? Can your body convert ALA to EPA and DHA?

It's *possible*. However — and this is a BIG “however” — the rate of conversion is low in women and very low in men.²¹

Why?

The modern American diet is loaded with oils that are high in Omega 6 fatty acids.

Sure, you need Omega 6's in your diet. But the optimal ratio of Omega 6 to Omega 3 is about 1:1 (an equal amount of both).²² Many oils have terrible ratios. For example, corn oil has a 57:1 ratio and safflower oil has a 76:1 ratio (in favor of Omega 6)!²³

If you eat processed foods, packaged foods, or restaurant foods made with the wrong oils, this Omega 6:3 imbalance can interfere with DHA and EPA production in your body... even if you eat plenty of flax seeds and walnuts.²⁴

We cover this in much more detail in The Nutrition Mastery Program where... you'll discover:

- Which foods and oils interfere with your body's ability to make DHA and EPA.
- How to maximize DHA and EPA production.
- The latest RDA for men, women, children, and pregnant and breastfeeding mothers
- A chart showing the Omega 6:3 ratios of 18 different oils.
- A delicious recipe for a Lemon-Flax Oil Vinaigrette that you can use in place of commercial salad dressings... and skyrocket your daily intake of ALAs.

You'll enjoy our delicious recipes that include chia seeds, flax oil, and vegetables with excellent Omega 6:3 ratios... and exclude fats and oils with poor Omega 6:3 ratios.





Are you ready to take the next step?

I hope you found this nutrition guide helpful and feel more empowered to make smart choices that will protect your health for years to come.

All of the amazing information in this guide has been pulled from our comprehensive our VegHealth Nutrition Mastery Program, but it's just the tip of the iceberg.

You can unlock access to our full vault of cutting-edge research, expert interviews, and practical tips by enrolling in the **Vegetarian Mastery Program** today!

The Vegetarian Mastery Program liberates you from the pitfalls and guesswork! We've brought together the world's top experts in vegetarian nutrition to walk you step-by-step through 50 lessons that will transform you into a thriving vegetarian.

[LEARN MORE](#)

We've spent countless hours making certain that this program has ALL the information for you to make the right choices about your nutrition for optimal, vibrant health over the long term while avoiding some of the more common nutritional obstacles a plant based diet might present.

It's the most comprehensive plant based nutrition program on the planet and our students leave with a full understanding of exactly what they need to do to live in vibrant health.

When you graduate from the Vegetarian Mastery Program...

- You'll be a pro at creating **delicious vegetarian meals in 10-30 minutes**, using everyday produce – no fancy schmancy or crazy-expensive ingredients required.
- You'll have **confidence that you're getting the nutrients your body needs to thrive**, and you'll be liberated from packaged and processed foods made with animal byproducts, fillers, preservatives, white sugar, and high fructose corn syrup!
- If you're like most vegetarians who eat the whole foods diet we recommend, you'll **have more energy, clearer thinking, and glowing skin**. You'll radiate health and age slower.

I'd love for you to check out our Nutrition Mastery Program and I believe with all my heart that it's something you need in your life to ensure optimal health.

It eliminates the guesswork, gets rid of long-held myths about a plant based diet and gives you ALL the tools you'll need to adjust your way of eating for long term health.

Take just a moment and learn more about this life-changing program. All you have to do is [click here](#) now.

Here's to your health!



Erin Lucas, Program Director

Select Plant Sources of Calcium

Food	Serving size	Calcium in standard portion (mg)	Calcium per 100 grams (mg)
Tofu, firm, made with calcium sulfate, raw	½ cup	434	350
Soybeans, cooked*	1 cup	261	145
Blackstrap Molasses	1 Tbsp	200	183
Tempeh*	1 cup	184	111
Collard greens, boiled	½ cup	133	140
Tahini	2 Tbsp	128	426
Okra, cooked	1 cup	123	77
Spinach, boiled	½ cup	122	136
Turnip greens, raw	1 cup	104	190
Turnip greens, boiled	½ cup	99	137
Kale, cooked	1 cup	94	72
Kale, raw	1 cup	90	135
Almonds	¼ cup	94	264
Almond butter	2 Tbsp	111	347
Soy milk, calcium fortified*	8 ounces	340	140
Soy yogurt*	6 ounces	300	132
Chinese cabbage, boiled	½ cup	79	93
Chinese cabbage, raw	1 cup	74	105

Sources: Report of the DGAC on the Dietary Guidelines for Americans, The Vegetarian Resource Group.

*Organic recommended for soy products to avoid GMO

Select Plant Sources of Iron

Food	Serving size	Iron in standard portion (mg)	Iron per 100 grams (mg)
Tempeh*	1 cup	4.5	2.7
Soybeans, mature, cooked*	½ cup	4.4	5.1
White beans, canned	½ cup	3.9	3.0
Blackstrap Molasses	1 Tbsp	3.6	2.4
Tofu, raw, firm*	½ cup	3.4	2.7
Lentils, cooked	½ cup	3.3	3.3
Potato, baked	1 large	3.2	1.1
Quinoa, cooked	1 cup	2.8	1.6
Tahini	2 Tbsp	2.7	9.0
Chickpeas, cooked	½ cup	2.4	2.9
Pumpkin and squash seed kernels, roasted	1 ounce	2.3	8.1
Soybeans, green, cooked*	½ cup	2.3	2.5
Lima beans, cooked	½ cup	2.3	2.4
Navy beans, cooked	½ cup	2.2	2.4
Black-eyed peas, cooked	½ cup	2.2	2.5
Cashews, dry roasted	¼ cup	2.1	6.0
Swiss chard, cooked	½ cup	2.0	2.3
Kidney beans, cooked	½ cup	2.0	2.2

Sources: Report of the DGAC on the Dietary Guidelines for Americans, The Vegetarian Resource Group, and manufacturers' information.

*Organic recommended for soy products to avoid GMO



Select Plant Sources of Protein

(Italicized foods are high in all 9 essential amino acids.)

Food	Serving size	Protein in standard portion (mg)	Protein per 100 grams (mg)
<i>Soybeans, mature, cooked*</i>	1 cup	28.6	16.6
<i>Soybeans, immature, cooked (edamame)*</i>	1 cup	22.2	12.4
Vegetarian burger crumbles	1 cup	22.2	20.1
Couscous, dry	1 cup	22.1	12.8
<i>Tofu, raw, regular, prepared w/calcium sulfate</i>	1 cup	20	8.1
Barley, pearled, raw	1 cup	19.8	9.9
White beans, canned	1 cup	19.0	7.3
Lentils, cooked	1 cup	17.9	9.0
Bulgur, dry	1 cup	17.2	12.3
Split peas, cooked	1 cup	16.4	8.3
Oat bran, raw	1 cup	16.3	17.3
Pinto beans, cooked	1 cup	15.4	9.0
Kidney beans cooked	1 cup	15.4	8.7
Black beans, cooked	1 cup	15.2	8.9
<i>Quinoa, cooked</i>	1 cup	8.1	4.4
Pumpkin and squash seed kernels, roasted, with salt added	1 oz (142 seeds)	9.4	33.0
Peanuts, all types, dry-roasted, with salt	1 oz (28 nuts)	6.7	23.7
Sunflower seed kernels, dry roasted, with salt added	¼ cup	6.2	21.8
Pistachio nuts, dry roasted, with salt added	1 oz (47 nuts)	6.0	21.3
Almonds	1 oz (24 nuts)	6.0	21.3
<i>Spinach, boiled</i>	1 cup	5.4	3.0
<i>Spinach, raw</i>	1 cup	0.9	2.9

Source: USDA National Nutrient Database for Standard Reference, Release 23.

*Organic recommended for soy products to avoid GMO

Select Plant Sources of beta-Carotene (Pro Vitamin A)

Food	Serving size	Vitamin A in standard portion (mcg RAE)	Vitamin A per 100 grams (mcg RAE)
Carrot juice	1 cup	2256	956
Sweet potato, baked	1 medium	1096	961
Pumpkin, cooked from fresh or canned	½ cup	306-953	250-778
Carrots, cooked from fresh, frozen, or canned	½ cup	407-665	558-852
Spinach, cooked from fresh, frozen, or canned	½ cup	472-573	490-603
Kale, raw	1 cup	515	769
Carrot, raw	½ cup	509	835
Collards, cooked from fresh or frozen	½ cup	386-489	406-575
Kale, cooked from fresh or frozen	½ cup	443-478	681-735
Mixed vegetables, cooked from frozen or canned	½ cup	195-475	214-583
Turnip greens, cooked from fresh or frozen	½ cup	274-441	381-538
Turnip greens, raw	1 cup	318	579
Mustard greens, raw		294	525
Dandelion greens, raw	1 cup	279	508
Beet greens, cooked from fresh	½ cup	276	383
Winter squash, cooked	½ cup	268	261
Mustard greens, cooked from fresh	½ cup	221	316
Romaine lettuce	1 cup	205	436

Source: Report of the DGAC on the Dietary Guidelines for Americans



Select Plant Sources of Vitamin B12			
Food	Standard portion size	Vitamin B12 in standard portion (mcg)	Vitamin B12 per 100 grams (mcg)
Gentle Care Formula	2 capsules	30	n/a
Nutritional Yeast	1 Tbsp	5.2	48.8
Vegetarian burger crumbles, frozen	1 cup	4.5-9.13	8.3-12.9
Fortified soy milk, fortified	1 cup	3.0	1.1
Fortified rice milk, unsweetened	1 cup	1.51	0.63

Sources: Report of the DGAC on the Dietary Guidelines for Americans, manufacturers' information.

Select Plant Sources of Vitamin D			
Food	Standard portion size	Vitamin D in standard portion (mcg)	Vitamin D per 100 grams (mcg)
Gentle Care Formula	2 capsules	25	n/a
UV-exposed portobello mushrooms	1 cup	9.6	11.2
Soymilk, fortified with plant based D2	1 cup	2.7	1.1
Rice milk, fortified with plant based D2	1 cup	2.4	1.0
Shiitake mushrooms (not UV exposed)	½ cup	0.6	0.8

Source: Report of the DGAC on the Dietary Guidelines for Americans.

Select Plant Sources of Alpha Linolenic Acid

Food	Standard portion size	ALA in standard portion (mg)	ALA per 100 grams (g)
Walnuts	¼ cup	2,270-2,700	9.1-10.8
Flaxseed oil	1 tsp	2,400	53.3
Peanut butter containing flaxseed oil	2 Tbsp	1,000	1.0
Kashi Go Lean Crunch!, Honey Almond Flax	1 cup	122	0.2
Whole Flaxseeds	1 tsp	900	26.5
Soy nuts	¼ cup	620	1.4
Chia seeds	1 tsp	800	17.6
Flaxseed, ground	1 tsp	570	22.8
Soybeans, cooked*	½ cup	514	0.6
Walnut oil	1 tsp	470	10.4
Canola oil*	1 tsp	400	8.9
Unshelled hemp seeds	1 tsp	333	10
Broccoli, raw	1 cup	300	0.3
Soybean oil	1 tsp	300	6.7
Pecans	¼ cup	240	0.9
Tofu*	½ cup	228	0.2
Soymilk*	1 cup	210	0.1
Collards, raw	1 cup	200	0.6
Broccoli, cooked	1 cup	190	0.1
Cabbage, cooked	1 cup	165	0.1

Source: Report of the DGAC on the Dietary Guidelines for Americans, the Vegetarian Resource Group, manufacturers' information.

*Organic recommended for soy and canola oil

