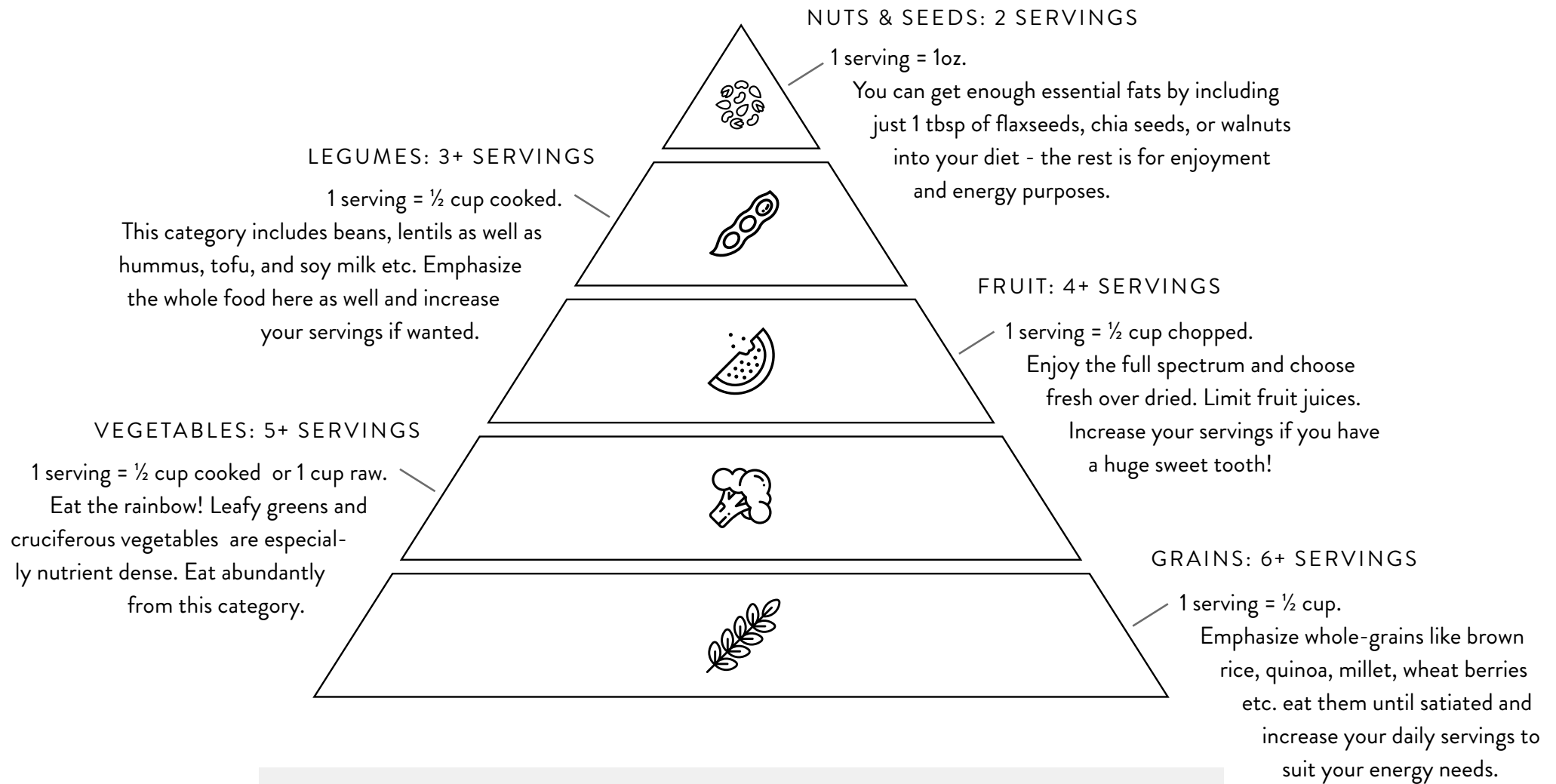


the whole food vegan food pyramid



Foods to emphasize in general:

- ✓ Calcium-fortified soy products (milk, tofu, etc.)
- ✓ (Dark) leafy greens
- ✓ Berries
- ✓ Omega-3 rich foods like flax, chia, walnuts
- ✓ Cruciferous veggies
- ✓ Iodized salt

meeting critical nutrients on a vegan diet

CALCIUM

Calcium Fortified Soy Milk (1 cup)	300 mg
Tofu Prepared w/ Ca Sulfate (1/2 cup)	253 mg
Rhubarb Stalks, Boiled (1/2 cup)	174 mg
Collard Greens, Boiled (1/2 cup)	134 mg
Spinach, Boiled (1/2 cup)	122 mg
Kale, raw (1 cup)	100 mg
Almonds (1/4 cup)	92 mg
White Beans, Boiled (1/2 cup)	80 mg
Tahini (1 tbsp)	64 mg
Broccoli, Boiled (1 cup)	62 mg
Navel Orange (1 medium)	60 mg
Molasses (1 tbsp)	43 mg

DRI: 1000 mg

IRON

Lentils, Boiled (1/2 cup)	3.3 mg
Spinach, Boiled (1/2 cup)	3.2 mg
Kidney Beans, Boiled (1/2 cup)	2.6 mg
Garbanzo Beans, Boiled (1/2 cup)	2.4 mg
Swiss Chard, Boiled (1/2 cup)	2 mg
Molasses (1 tbsp)	1.9 mg
Dried Figs (1/2 cup)	1.5 mg
Tahini (1 tbsp)	1.3 mg
Almonds (1/4 cup)	1.3 mg
Green Peas, Boiled (1/2 cup)	1.2 mg
Collard Greens, Boiled (1/2 cup)	1.1 mg
Oatmeal, Cooked (1/2 cup)	1.0 mg

DRI: 8 mg men / 18 mg women

PROTEIN

Seitan (3 oz)	31.0 g
Tempeh (1/2 cup)	15.4 g
Peanuts, Dry Roasted (1/3 cup)	11.4 g
Tofu, Firm	10.2 g
Amaranth (1 cup)	9.3 g
Soy Milk (1 cup)	9.2 g
Lentils, Cooked (1/2 cup)	8.9 g
Pumpkin Seeds, Roasted (1/4 cup)	8.8 g
Quinoa, Cooked (1 cup)	8.1 g
Beans, Cooked	7-8 g
Almonds	7.6 g
Spaghetti, Whole Wheat	7.5 g

DRI: 0.8g per kg of bodyweight

ZINC

Wheat Germ, Toasted (1 oz)	3.0 mg
Pumpkin Seeds (1/4 cup)	2.5 mg
Oatmeal, Cooked (1 cup)	2.3 mg
Tofu, Firm (1/2 cup)	2.0 mg
Cashews, Dry Roasted (1/4 cup)	1.9 mg
Sunflower Seeds, Roasted (1/4 cup)	1.7 mg
Brown Rice, Steamed (1 cup)	1.4 mg
Garbanzo Beans, Boiled (1/2 cup)	1.3 mg
Lentils, Boiled (1/2 cup)	1.3 mg
Peanuts, Raw (1/4 cup)	1.2 mg
Almonds, Whole (1/4 cup)	1.1 mg
Peas, Boiled (1/2 cup)	1.0 mg

DRI: 11 mg men / 8 mg women

OMEGA 3

Flax Seeds, Ground (1 tsp)	500 mg
Chia Seeds (1 tsp)	600 mg
Hemp Seeds (2 tsp)	500 mg
Walnuts (1/5 oz or 3 halves)	500 mg

DRI: 1.6g men / 1.1g woman

VITAMIN B12

Daily Dose of Cyanocobalamin	250 µg
Weekly Dose of Cyanocobalamin	2500 µg

Supplements are the only reliable source of vitamin B12. The preferred form is cyanocobalamin and you can either take it on a daily or weekly basis.

Despite the low DRI, it's good to take a larger dose since only a fraction is absorbed and it's impossible to overdose (B12 is a water soluble vitamin).

DRI: 2.4 µg

VITAMIN D

On a day when sunburn is possible (not winter or cloudy), the following midday sun exposure of your arms and face without sunblock should be sufficient:

Light Skin Color	10-15 min
Dark Skin Color	20 min

On other days, a daily supplement of 600 IU Vitamin D is recommended (Choose D2 or a vegan D3 version).

DRI: 15 µg / 600 IU