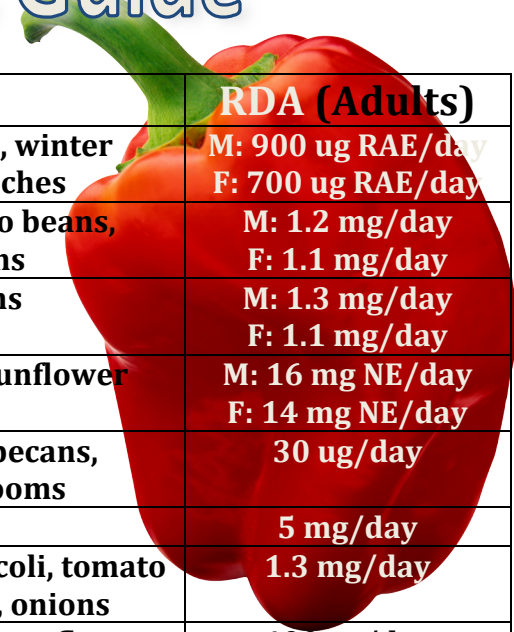
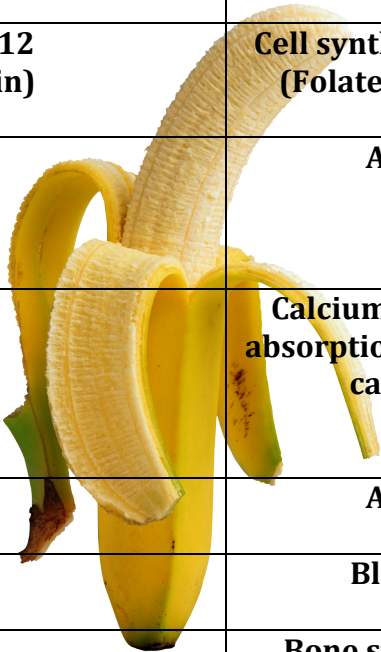




A Vegetarian/Vegan's Nutrient Guide



Vitamin/Mineral	Function	Food Sources	RDA (Adults)
Vitamin A	Essential to reproduction, vision, and growth	Spinach, sweet potatoes, carrots, pumpkin, winter squash, cantaloupe, mango, apples, peaches	M: 900 ug RAE/day F: 700 ug RAE/day
Vitamin B1 (Thiamin)	Energy (food) metabolism	Split peas, acorn squash, watermelon, pinto beans, potatoes, sweet potatoes, corn, onions	M: 1.2 mg/day F: 1.1 mg/day
Vitamin B2 (Riboflavin)	Energy (food) metabolism	Mushrooms, broccoli, bananas, plums	M: 1.3 mg/day F: 1.1 mg/day
Vitamin B3 (Niacin)	Energy (food) metabolism	Peanuts, peanut butter, mushrooms, tofu, sunflower seeds, potatoes, peaches, barley	M: 16 mg NE/day F: 14 mg NE/day
Biotin (Vitamin H)	Energy (food) metabolism	Soy beans/tofu, nuts (almonds, peanuts, pecans, walnuts), cauliflower, bananas, mushrooms	30 ug/day
Pantothenic Acid	Energy (food) metabolism	Potatoes, oats, tomatoes, broccoli	5 mg/day
Vitamin B6 (Pyridoxine)	Protein metabolism	Bananas, lentils, chickpeas, watermelon, broccoli, tomato juice, Acorn squash, chick peas, pineapple, onions	1.3 mg/day
Vitamin B9 (Folate)	Protein metabolism; Prevents neural tube defects	Lentils, asparagus, orange juice, pinto beans, sunflower seeds, tofu, broccoli, chickpeas, lima beans, navy beans, beets, leeks	400 ug/day
Vitamin B12 (Cobalamin)	Cell synthesis; Activates B9 (Folate); Protects nerve fibers	Nutritional yeast, leafy green vegetables, seaweed, bananas	2.4 ug/day
Vitamin C	Antioxidant	Broccoli, bell peppers, kiwi, Brussels sprouts, strawberries, oranges, watermelon, apples, blackberries, blueberries, cherries, pineapple, raspberries, onions, parsnips	M: 90 mg/day F: 75 mg/day
Vitamin D	Calcium and phosphorus absorption; Maintains blood calcium levels	Sunlight, mushrooms, fortified soy, fortified cereals, fortified orange juice	5 gu/day (19-50 yo) 10 ug/day (51-70 yo) 15 ug/day (70+)
Vitamin E	Antioxidant	Vegetable oils, spinach, turnip greens, collard greens, broccoli, wheat germ, nuts, seeds, kiwi, parsnips	15 mg/day
Vitamin K	Blood clotting	Green leafy vegetables: kale, broccoli, collards, spinach, bib lettuce, Brussels spouts, cabbage, parsley, asparagus	M: 120 ug/day F: 90 ug/day
Calcium	Bone structure; Muscle contraction; Nerve impulses	Leafy green vegetables: kale, bok choy, broccoli, almonds, tofu, quinoa, amaranth, kamut, sesame seeds, tofu	1000 mg/day (19-50 yo) 1200 mg/day (51+)



Copper	Necessary for absorption and use of iron; Part of several enzymes	Cashews, legumes, potatoes, vegetables, oats, wheat, sesame seeds	900 ug/day
Chloride	Maintains fluid balance	Table salt, soy sauce	2300 mg/day (19-50 yo) 2000 mg/day (51-70 yo) 1800 mg/day (70+)
Chromium	Carb and fat metabolism	Brewer's yeast, grains	M: 35 ug/day W: 25 ug/day
Flouride	Bone and teeth health	Drinking water, tea	M: 4 mg/day F: 3 mg/day
Iodide	A component of the thyroid hormone that help regulate growth, development, and metabolic rate	Iodized salt, kelp	150 ug/day
Iron	Oxygenating blood and muscle	Dried fruits, peaches, rhubarb, soybeans, tofu, lentils, kidney beans, cashews, almonds, pumpkin seeds, sunflower seeds, oatmeal, mushrooms, potatoes	M; 8 mg/day F: 18 mg/day (19-50 yo) 8 mg/day (51+)
Magnesium	Bone mineralization; Heart function	Nuts (cashews), wheat germ, wheat bran, leafy green vegetables, pineapple, seeds, barley, artichokes	M: 400 mg/day F: 310 mg/day
Manganese	Cofactor for several enzymes; Bone formation	Raspberries, pumpkin seeds	M: 2.3 mg/day F: 1.8 mg/day
Molybdenum	Cofactor for several enzymes	Legumes, bread, grains, leafy green vegetables	45 ug /day
Potassium	Maintains fluid balance	Avocados, bananas, blackberries, blueberries, cherries, peaches, pineapple, potatoes, broccoli, acorn squash, soybeans, artichoke	4700 mg/day
Phosphorous	Food Metabolism; Bone health	Tofu, sunflower seeds, broccoli, peanut butter	700 mg/day
Selenium	Antioxidant; Regulates thyroid hormone	Brazil Nuts	55 ug/day
Zinc	Part of many enzymes; Associated with insulin; involved in making genetic material and proteins; Taste perception; wound healing	Black-eyed peas, pumpkin seeds, tofu, wheat germ	M: 11 mg/day F: 8 mg/day
Essential Fatty Acid: Omega 3	Anti-inflammatory; Heart health	Flaxseed, hempseeds, canola oil, walnuts, avocados	M: 1.6 g/day F: 1.1 g/day

