

VITAMIN & MINERAL CHART

Listed here are the most common vitamins and minerals lacking from the vegan/vegetarian diet...

OMEGA-3 FATTY ACIDS, 1G DAILY

Brain health

Eye

Healthy blood pressure

Healthy cholesterol

flaxseeds, hemp seeds, walnuts, rapeseed (canola oil), chia seeds, and soybeans, leafy green vegetables and seaweed, olive oil, avocado and avocado oil

VITAMIN B12, 6MG DAILY

Converts food into energy

Nervous system

Red blood cell formation

fortified cereals, plant milk, soy products

IRON-MINERAL, 18MG

Energy production

Growth and development

Immune function

Red blood cell formation

Reproduction

Wound healing

beans and peas, dark green vegetables, prunes, raisins, whole grain, enriched, and fortified cereals and breads, and cooking water-based acidic foods in cast iron skillets

ZINC-MINERAL, 15MG

Growth and development

Immune function

Nervous system function

Protein formation

Reproduction

Wound healing

beans and peas, fortified cereal, nuts, whole grains

CALCIUM, 1000MG DAILY

Blood clots

Bone and teeth

Blood vessel health

Muscle contraction

Nervous system

almond, rice, coconut, and hemp milk, fortified cereals and juices, fortified soy beverages (soymilk), green vegetables (e.g., spinach, kale, collards, broccoli, turnip greens), tofu (made with calcium sulfate)

VITAMIN D-VITAMIN, 400IU

Blood pressure regulation

Bone growth

Calcium balance

Hormone production

Immune function

Nervous system function

fortified cereals, fortified orange juice, fortified soy beverages (soymilk)