

VEGETARIAN SOURCES OF ESSENTIAL NUTRIENTS

Many nutrients are essential for proper health. The following are nutrients especially important for vegetarians:

PROTEIN – legumes, tofu, tempeh, soy protein isolate, dairy products, nuts and seeds, quinoa, amaranth, Brewer's yeast, soy/rice/whey protein powders

CALCIUM – milk and milk products, fortified soy or rice milk, calcium-precipitated tofu, lime-processed tortillas with calcium salts, almonds, sesame seeds, dark green vegetables, sea vegetables, amaranth, dried figs, blackstrap molasses, carob, beans, and supplements

IRON – sea vegetables, Brewer's yeast, blackstrap molasses, wheat bran, pumpkin and squash seeds, whole or enriched grains, nuts, dark green vegetables, dates, legumes, eggs, avocados, supplements

ZINC – ginger, nuts and seeds (especially pumpkin and sunflower seeds), yogurt, milk, cheese (especially cheddar), wheat germ, millet, quinoa, amaranth, wild rice, Brewer's yeast, collard greens, supplements

VITAMIN A – milk and milk products; various sources of provitamin A (carotenes) such as chili peppers, dandelion root, carrots, apricots (dried), leafy greens (collard, kale, parsley, spinach, mustard greens), sweet potatoes

VITAMIN B12 – milk and milk products, fortified rice and soy milk, fortified breakfast cereal, eggs, fortified soya meats*, tempeh*, spirulina*, supplements
* Analogs may not be as well absorbed

VITAMIN D – sunlight, fortified soy and rice milk, fortified cows milk, eggs, sunflower seeds and sprouts, mushrooms, supplements

VITAMIN E – wheat germ oil, sunflower seeds and oil, almonds, sesame oil, peanut oil, corn oil, wheat germ, other vegetable oils, seeds and nuts

Resources

1. Bland JS, Costarella L, Levin B, Liska D, Lukaczer D, Schlitz B, Schmidt MA. *Clinical Nutrition: A Functional Approach*. The Institute for Functional Medicine, Gig Harbor WA, 1999.
2. Murray MT. *Encyclopedia of Nutritional Supplements*. Prima Health, Rocklin CA, 1996.