

Vegetarian Nutrients of Concern Food Lists

| Vegan Zinc Food Sources | | |
|------------------------------|--------------|-----------|
| Food | Serving Size | Zinc (mg) |
| Almonds, boiled | 1/4 cup | 1.1 |
| Broccoli, chopped, cooked | 1/2 cup | 0.4 |
| Cashews, dry roasted | 1/4 cup | 1.9 |
| Chia seeds | 1 oz | 1 |
| Corn, boiled | 1 cup | 0.9 |
| Garbanzo beans, cooked | 1/2 cup | 1.3 |
| Kidney beans, cooked | 1/2 cup | 1 |
| Lentils, boiled | 1/2 cup | 1.3 |
| Miso | 1 T | 0.4 |
| Oatmeal, cooked | 1 cup | 2.3 |
| Peanut butter | 2 T | 0.9 |
| Peas, boiled | 1/2 cup | 1 |
| Pecans, halves | 1/4 cup | 1.1 |
| Pistachios | 1/4 cup | 0.7 |
| Sunflower seeds, roasted | 1/4 cup | 1.7 |
| Tempeh | 1/2 cup | 1 |
| Tofu, firm | 1/2 cup | 2 |
| Walnuts, cooked | 1/4 cup | 0.9 |
| Vegetarian Zinc Food Sources | | |
| Food | Serving Size | Zinc (mg) |
| Yogurt, fruit, low-fat | 8 oz | 1.7 |
| Cheese, Swiss | 1 oz | 1.2 |
| Milk, low-fat or nonfat | 1 cup | 1 |

| Vegan Vitamin B12 Food Sources | | |
|--|-----------------|-------------------|
| Food | Serving Size | Vitamin B12 (mcg) |
| Nasoya Vegan Nayo-naise | 1 T | 0.24 |
| Nutritional yeast, Bob's Red Mill | 1 T | 2 |
| Ready-to-eat cereal, fortified with vitamin B12 | 1/2 to 3/4 cup | 0.6 to 6* |
| Silk soymilk, original, fortified with vitamin B12 | 8 oz | 1.2* |
| Tempeh | 100 g | 0.12 |
| Vegetarian Vitamin B12 Food Sources | | |
| Food | Serving Size | Vitamin B12 (mcg) |
| Milk, low-fat | 8 oz | 1.15 |
| Cottage cheese, 1% | 3/4 cup | 1.07 |
| Cheese, Swiss | 1 oz | 0.95 |
| Egg | 1 whole, medium | 0.39 |
| Ice cream, vanilla | 1/2 cup | 0.26 |
| Yogurt, plain, low-fat | 8 oz | 1.37 |
| <i>*May vary depending on product</i> | | |

| Vegan Calcium Food Sources | | |
|---|--------------|---------------|
| Food | Serving | Calcium (mg) |
| Ready-to-eat cereal, fortified with calcium | 3/4 to 1 cup | 100 to 1,000* |
| Soymilk, fortified with calcium | 8 oz | 540* |
| Tofu, raw, regular, processed with calcium | 1/2 cup | 434 |
| Orange juice, fortified with calcium | 8 oz | 349* |
| Garbanzo beans, cooked | 1 cup | 80 |
| Pinto beans, cooked | 1 cup | 79 |
| Black beans, cooked | 1 cup | 46 |
| Blackstrap molasses | 2 T | 230 |
| Tempeh | 1 cup | 184 |
| Tahini | 2 T | 128 |
| Almond butter | 2 T | 111 |
| Turnip greens, raw | 1 cup | 104 |
| Kale, raw | 1 cup | 100 |
| Edamame, frozen, prepared | 1 cup | 98 |
| Almonds | 1/4 cup | 94 |
| Figs | 5, medium | 88 |
| Bok choy, raw | 1 cup | 74 |
| Mustard greens, raw | 1 cup | 64 |
| Chocolate pudding, refrigerated | 4 oz | 55 |
| Broccoli, raw | 1 cup | 43 |
| Corn tortillas | 2 each | 39 |
| Vegetarian Calcium Food Sources | | |
| Food | Serving | Calcium (mg) |
| Cream cheese | 2 T | 28 |
| Ice cream, vanilla | 1/2 cup | 84 |
| Cottage cheese, low-fat | 3/4 cup | 103 |
| Cheese, Swiss | 1 oz | 224 |
| Milk, low-fat | 8 oz | 305 |
| Yogurt, non-fat | 6 oz | 258 |
| <i>*May vary according to product</i> | | |

| Vegetarian Iodine Sources | | |
|---------------------------------------|----------|--------------|
| Food | Serving | Iodine (mcg) |
| Seaweed, whole or sheet | 1 g | 16 to 2,984* |
| Iodized salt | 1/4 tsp | 71 |
| Bread, white, enriched | 2 slices | 45* |
| Vegan Iodine Sources | | |
| Food | Serving | Iodine (mcg) |
| Egg | 1 large | 24* |
| Ice cream, chocolate | 1/2 cup | 30* |
| Milk, reduced-fat | 1 cup | 56* |
| Yogurt, plain, low-fat | 1 cup | 75* |
| <i>*May vary according to product</i> | | |

Vegan Vitamin D Food Sources

| Food | Serving Size | Vitamin D (IU) |
|--|---------------|----------------|
| Maitake mushrooms, raw** | 1 cup, diced | 786 |
| Portabella mushrooms, grilled, exposed to UV light** | 1 cup, sliced | 634 |
| Soymilk, original, fortified with vitamin D | 8 oz | 120* |
| Chanterelle mushrooms, raw | 1 cup | 114 |
| Orange juice, fortified with 25% of the Daily Value (DV) for vitamin D | 8 oz | 100 |
| Ready-to-eat cereal, fortified with 10% of the DV for vitamin D | 3/4 to 1 cup | 40* |

Vegetarian Vitamin D Food Sources

| Food | Serving Size | Vitamin D (IU) |
|--|-----------------|----------------|
| Cheese, Swiss | 1 oz | 6 |
| Yogurt, fortified with 20% of the DV for vitamin D | 6 oz | 80* |
| Egg | 1 whole, medium | 41 |
| Milk, low-fat, fortified with vitamin D | 8 oz | 117* |

*May vary according to product

**Exposing mushrooms to UV light causes measurable increases in the vitamin D2 content.

Note: Sensible exposure to sun is an important source of vitamin D.

Vegan Protein Food Sources

| Food | Serving Size | Protein (g) |
|------------------------------------|----------------------|-------------|
| Almonds | 1 oz (23 nuts) | 6 |
| Black beans, cooked | 1/2 cup | 8 |
| Black-eyed peas, cooked | 1/2 cup | 7 |
| Brazil nuts* | 1 oz (6 to 8 nuts) | 4 |
| Cashews | 1 oz (18 nuts) | 4 |
| Chia seeds | 1 oz (2 1/2 T) | 4 |
| Chickpeas (garbanzo beans), cooked | 1/2 cup | 8 |
| Fava beans, cooked | 1/2 cup | 7 |
| Flaxseeds | 1 oz (3 T) | 5 |
| Hazelnuts | 1 oz (21 nuts) | 4 |
| Hemp seeds, shelled | 1 oz (3 T) | 9 |
| Kidney beans, cooked | 1/2 cup | 8 |
| Lentils, cooked | 1/2 cup | 9 |
| Macadamia nuts | 1 oz (10 to 12 nuts) | 2 |
| Peanut butter | 2 T | 8 |
| Peanuts | 1 oz (28 "nuts") | 7 |
| Pecans | 1 oz (19 halves) | 3 |
| Pine nuts | 1 oz (3 T) | 4 |
| Pinto beans, cooked | 1/2 cup | 8 |
| Pistachios | 1 oz (3 1/2 T) | 6 |

| | | |
|---------------------------------|------------|----|
| Pumpkin seeds (pepitas), hulled | 1 oz (3 T) | 7 |
| Sesame seeds | 1 oz (3 T) | 5 |
| Soybeans, cooked | 1/2 cup | 11 |
| Split peas, cooked | 1/2 cup | 8 |

Vegan and Vegetarian Iron Food Sources

| | | |
|-----------------------------------|------------------|----|
| Sunflower seeds, hulled | 1 oz (3 1/2 T) | 5 |
| Tofu, regular, with added calcium | 1/2 cup (4 oz) | 10 |
| Walnuts | 1 oz (14 halves) | 4 |
| White beans, cooked | 1/2 cup | 8 |

Vegetarian Protein Food Sources

| Food | Serving Size | Protein (g) |
|-----------------------------|--------------|-------------|
| Egg | 1 medium | 6 |
| Cheese, cheddar | 1 oz | 7 |
| Cottage cheese | 1/2 cup | 14 |
| Milk | 1 cup | 8 |
| Yogurt, plain, nonfat | 8 oz | 11 |
| Greek yogurt, plain, nonfat | 6 oz | 18 |

**High in selenium; not recommended to consume in excess.*

Vegan Omega-3 Food Sources

| Food | Serving | Omega-3 Fatty Acids (ALA) (mg) |
|-----------------------------|---------|--------------------------------|
| Chia seeds | 1 oz | 4,915 |
| Uncle Sam's Original Cereal | 1 cup | 3,300 |
| Walnuts | 1 oz | 2,565 |
| Butternuts, dried | 1 oz | 2,441 |
| Manitoba Harvest Hemp Seeds | 1 oz | 2,250 |
| Flaxseeds, ground | 1 T | 1,597 |
| Vegetable oil, walnut | 1 T | 1,404 |
| Canola oil | 1 T | 1,279 |
| Vegetable oil, soy | 1 T | 933 |
| Tofu, firm | 1/2 cup | 733 |
| Soybeans, cooked | 1/2 cup | 515 |
| Soy flour, full fat | 1/4 cup | 290 |
| Edamame | 1/2 cup | 280 |
| Wheat germ | 1 oz | 202 |
| Brussels sprouts, cooked | 1/2 cup | 135 |
| Cauliflower, cooked | 1/2 cup | 104 |
| Seaweed, spirulina, dried | 2 T | 102 |
| Pumpkin seeds | 1 oz | 51 |
| Granola | 1/4 cup | 189* |

Vegetarian Omega-3 Food Sources

| Food | Serving | Omega-3 Fatty Acids (ALA) (mg) |
|----------------------------|---------|--------------------------------|
| Milk, 2% | 1 cup | 71 |
| Organic Valley Omega-3 Egg | 1 large | 225 |

**May vary according to product.*

| Food | Serving Size | Iron (mg) |
|--------------------------------|--------------|-----------|
| Bran flakes | 3/4 cup | 8.1* |
| Tomato paste | 1 cup | 7.8 |
| Oats, cooked | 1 cup | 7.36 |
| Lentils, cooked | 1 cup | 7 |
| Dark chocolate | 1 1/2 oz | 5.06 |
| Spinach, cooked | 1 cup | 6.43 |
| Sundried tomatoes | 1 cup | 4.91 |
| Garbanzo beans, mature, cooked | 1 cup | 4.74 |
| Soybeans, mature, cooked | 1 cup | 4.5 |
| Lima beans, mature, cooked | 1 cup | 4.49 |
| Navy beans, mature, cooked | 1 cup | 4.3 |
| Swiss chard, cooked | 1 cup | 3.95 |
| Kidney beans, cooked | 1 cup | 3.93 |
| Dried peaches | 1/2 cup | 3.25 |
| Prune juice | 1 cup | 3.02 |
| Quinoa, cooked | 1 cup | 2.76 |
| Pumpkin seeds | 1 oz | 2.29 |
| Vegetable soup | 1 cup | 2.22 |
| Tofu, firm | 1/2 cup | 3.4 |
| Barley, cooked | 1 cup | 2.09 |
| Cashew nuts, raw | 1 oz | 1.89 |
| Cashews, raw | 1 oz | 1.89 |
| Potato | 1 medium | 1.85 |
| Wheat germ | 1/4 cup | 1.8 |
| Veggie burger | 1 patty | 1.69* |
| Pine nuts | 1 oz | 1.57 |
| Butternut squash | 1 cup, cubes | 1.23 |
| Molasses | 1 T | 0.9 |

**May vary according to product.*

— All nutrition information from USDA National Nutrient Database for Standard Reference or food manufacturer labeling