



# NUTRIENTS TO FOCUS ON

## For Vegetarians



## Proteins

Protein needs can easily be met by eating a variety of plant-based foods.

Sources of protein for vegetarians and vegans include beans, nuts, nut butters, peas, and soy products (tofu, tempeh, veggie burgers). Milk products and eggs are also good protein sources for lacto-ovo vegetarians.

## Zinc

Zinc is necessary for many biochemical reactions and also helps the immune system function properly.

Sources of zinc for vegetarians and vegans include many types of beans (white beans, kidney beans, and chickpeas), zinc-fortified breakfast cereals, wheat germ, and pumpkin seeds.

## Calcium

Calcium is used for building bones and teeth and in maintaining bone strength.

Sources of calcium for vegetarians and vegans include calcium-fortified soymilk, calcium-fortified breakfast cereals and orange juice, tofu made with calcium sulfate, and some dark-green leafy vegetables (collard greens, turnip greens, mustard greens).

## Iron

Iron functions primarily as a carrier of oxygen in the blood.

Iron sources for vegetarians and vegans include iron-fortified breakfast cereals, spinach, kidney beans, black-eyed peas, lentils, turnip greens, molasses, whole wheat breads, peas, and some dried fruits (dried apricots, prunes, raisins).

## Vitamin B12

Vitamin B12 is found in animal products and some fortified foods.

Sources of vitamin B12 for vegetarians include milk products, eggs, and foods that have been fortified with vitamin B12. These include breakfast cereals, soymilk, veggie burgers, and nutritional yeast.