



Vitamins & Minerals

A

vegetables—dark green & yellow

fruits—dark green & yellow

whole grains—wheat germ, oatmeal

nuts—cashews, peanuts, pecans, walnuts

vegetables—most

B1

whole grains—wheat bran, enriched cornmeal, soy flour

nutritional yeast (Red Star T-6635)

nuts

vegetables—green leafy

B2

legumes—dried beans and peas, peanuts

whole grains—wheat germ

yeast

vegetables—dark green

B5

nutritional yeast (Red Star T-6635)

nuts, seeds—sunflower, sesame

whole grains

vegetables—many, especially leafy vegetables

blackstrap molasses

B12

strict vegetarians require a fortified source, such as supplements, or fortified foods, such as ready-to-eat cereal nutritional yeast (Red Star T-6635)

Niacin

whole grain products

fortified cereals

nuts—peanuts

vegetables—green, potatoes

legumes

Folic Acid

vegetables—dark green leafy

whole grains—breakfast cereals, yeast

legumes—lentils

nuts

fruits—citrus

C

fruit—citrus, berries, cantaloupe

vegetables—green peppers, broccoli,

cauliflower, green leafy vegetables, cabbage, potatoes

D

sunshine on a regular basis

fortified foods – soy and other milks,

fortified cereals, fortified orange juice

E

nuts

whole grain—cereals, wheat germ

vegetables—green leafy

vegetable oils—soybean, safflower, sunflower

K

cereals—some

vegetables—green leafy (spinach, lettuce, kale, cabbage),
cauliflower, small amounts in other vegetables

soybean oil

synthesized by bacteria in the intestine

MINERALS

Calcium

Green leafy vegetables (collard greens, chard, beet tops, Bok Choy, spinach, broccoli),
seeds, almonds
beans—soybeans, prepared tofu
lime-prepared corn tortillas, fortified vegan milks
fortified cereals
figs

Chromium

whole grain—cereals, breads,
nutritional yeast (Red Star T-6635)
vegetables—whole potatoes,
beets, vegetables grown in
chromium-rich soil
grape juice
beans
stainless steel cookware used with acid foods

Iron

whole grains—oatmeal, brown rice,
wheat germ, fortified flour, fortified cereal
blackstrap molasses
dark leafy green vegetables
nuts, seeds (sunflower seeds)
soybeans, legumes
Fruits—dried fruits (raisins, figs, prunes, dates, dried apricots),
blackberries, cherries, watermelon
(vitamin C increases uptake, as does yeasted bread versus unyeasted—
the polyphenols in tea and coffee inhibit iron absorption)

Magnesium

Green vegetables
Magnesium-based tofu
Whole grains – bran, wheat germ, amaranth
Seeds, nuts beans, soybeans

Potassium

Fruits – bananas, cantaloupe, grapefruit, watermelon, dried fruit, avocado
Dried peas and beans

Vegetables – baked potato,
winter squash, brussels sprouts, mustard greens

Selenium

Shole grains

Nuts – Brazil nuts, cashews

Zinc

Whole grains, bran, nutritional yeast

Legumes – beans, soybeans

Nuts & seeds – sunflower seeds, nuts

Vegetables – spinach, peas

(vitamin C increases uptake, as does yeasted bread.

But the polyphenols in tea and coffee inhibit absorption.

Excessive copper, calcium, and iron displace zinc and limit uptake.)