

essential nutrient sources

nutrient	plant foods	fortified foods	supplements
vit B12		some plant milks, marmite, vegan meats	cyanocobalamin (100+ mcg/day)
vit D	irradiated mushrooms	margarine, some plant milks	sunlight, D2 or lichen-derived D3 (400-2000 IU/day)
calcium	kale, asian greens, tofu	plant milks, breakfast cereals	calcium supplements (300-800 mg/day)
omega 3	flaxseeds, chia seeds		flaxseed oil, algal-derived DHA (200-400 mg/day)
iodine	seaweed, dulse	iodised salt, bread	multivitamins, KI drops (100-150 mcg/day)
selenium	brazil nuts, mushrooms		multivitamins (35-200 mcg/day)
iron	legumes, soy foods, green veg, whole grains	breakfast cereals, vegan meats	Spatone, Floradix, Star Formulations Organic Iron Boost
zinc	nuts, seeds, legumes, whole grains	some vegan meats	Solgar
protein	legumes, whole grains, soy foods, nuts, seeds		vegan protein powder