

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 Nayonaise	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