

COMPONENTS OF A VEGAN DIET:

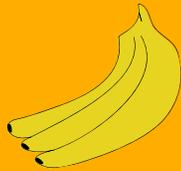
FULL FAT FOODS



VEGETABLES



FRUIT



LEGUMES



WHOLE GRAINS


FoodFeasible LLC
Big Picture Nutrition.

CRITICAL NUTRIENTS COMMONLY OVERLOOKED IN A PLANT BASED DIET:

PROTEIN

FAT

VITAMIN B12

CALCIUM

FOLATE

IRON

VITAMIN D

Nutritional Navigation

Eating Vegan

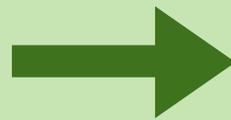
contact for questions

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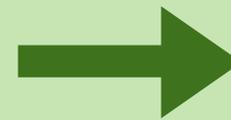
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NUTRIENTS



FUNCTIONS IN THE BODY



FOOD SOURCES

PROTEIN

- grow & maintain: tissues, muscles, bones
- enzymes: digestion, energy, clotting, muscle contraction
- hormones: estrogen, testosterone, mood
- structure: collagen, keratin (hair, skin, nails), elastin (flexibility of uterus, lungs, arteries)

- quinoa
- peanut butter
- tahini
- black beans
- chickpeas
- tofu
- tempeh
- seitan
- edamame
- chia seeds
- flaxseeds
- lentils
- walnuts
- seeds

FAT

- energy
- structure: cells and membranes
- carries vitamins: A, D, E, K for absorption
- reproductive health
- nervous system
- cushion organs

- soybeans
- cacao nibs
- chia seeds
- flaxseeds
- tahini
- walnuts
- coconut
- almonds
- peanuts
- nut butter
- oils
- avocados

VITAMIN B12

- forms DNA
- makes healthy blood cells
- daily intake 2.4 mcg/day

- mushrooms
- miso
- nutritional yeast
- spirulina
- seaweed
- fortified products

CALCIUM

- healthy teeth and bones
- cell signaling
- clotting
- nerve function
- daily intake 1000-2500 mg

- fortified cereals
- kale
- collard greens
- chard
- tofu
- oranges
- broccoli rabe
- figs
- soybeans
- chia + flaxseeds

FOLATE

- water soluble B vitamin
- cannot be stored in the body
- makes RBC (red blood cells)
- daily intake 400-1000 mg

- edamame
- okra
- spinach
- brussel sprouts
- beets
- avocado
- enriched pasta
- sunflower seeds

IRON

- non-heme: plant-based sources (Vitamin C increases absorption of non-heme iron)
- carries oxygen around body
- aim for 18-40 mg daily

- bok choy
- asparagus
- molasses
- lentils
- beet greens
- Vitamin C sources:
 - tomatoes
 - peppers
 - berries
 - spinach

VITAMIN D

- fat soluble vitamin
- can be stored in the body
- assists in absorption of calcium and phosphorus
- boosts immune system

- fortified cereals, milk, yogurt
- flaxseeds
- mushrooms
- fortified orange juice