**Nutrition Tips:**
*Choose mostly whole grains.
*Eat a variety of foods from each of the food groups.
*Adults age 70 and younger need 600 IU of vitamin D daily. Sources include fortified foods (such as some soymilks) or a vitamin D supplement.
*Sources of iodine include iodized salt (3/8 teaspoon daily) or an iodine supplement (150 micrograms).
*See www.vrg.org for recipes and more details.

---

**Vegan MyPlate**

**Fruits**

**Grains**

**Vegetables**

**Protein**

**Calcium**
leafy greens, calcium-fortified soymilk and juices, tofu, etc.

---

**Vitamin B12:**
Vegans need a reliable source of vitamin B12. Eat daily a couple of servings of fortified foods such as B12-fortified soymilk, breakfast cereal, meat analog, or Vegetarian Support Formula nutritional yeast. Check the label for fortification. If fortified foods are not eaten daily, you should take a vitamin B12 supplement (25 micrograms daily).

---

**Note:**
Like any food plan, this should only serve as a general guide for adults. The plan can be modified according to your own personal needs. This is not personal medical advice. Individuals with special health needs should consult a registered dietitian or a medical doctor knowledgeable about vegan nutrition.

---

The Vegetarian Resource Group  P.O. Box 1463 Baltimore, MD 21203  www.vrg.org (410) 366-8343