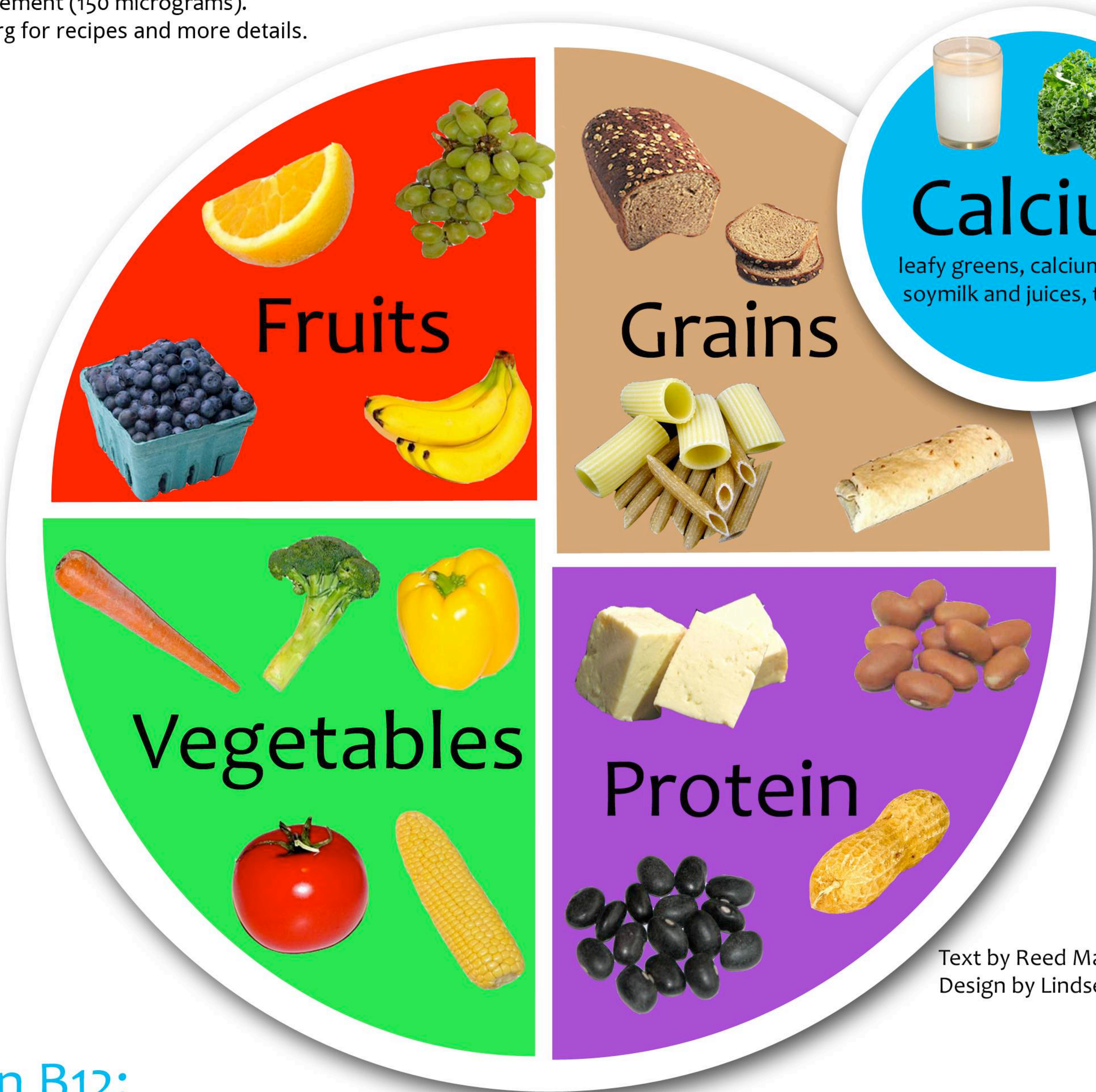
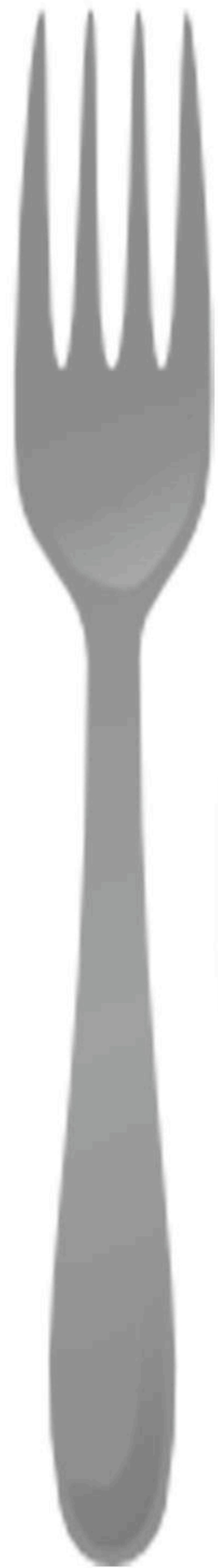


Vegan MY ^ PLATE

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.



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

Text by Reed Mangels, PhD, RD
Design by Lindsey Siferd

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.



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