

	Daily Goals:	Grams Protein	Mg Iron	Mg Calcium	Mcgs B12	Mg Zinc
	19years and older	56g male, 46g females			2.4 mcg/day	11mg male 8 mg female
	19-50 years		8 male 18 female	1000 male and female		
	51-70 years		8 male 8 female	1000 male 1200 female		
	71 + years		8 male 8 female	1200 male and female		
Sources	Quantity					
Dairy Products						
Cheese, firm (cheddar, jack, mozzarella, Swiss, and others)	1 ounce	7	0.04	220	0.31	1.0
Cheese, feta	1 ounce	4g	0.2	140	0.5	0.8
cheese, goat, soft	1 ounce	5.3	0.5	40	0.05	
Cottage cheese, lowfat	½ cup	14	0.16	69	0.71	0.4
Milk, 1% lowfat	1 cup/8 fluid ounces	10	0.15	349	1.06	1.11
Ricotta cheese, part skim	¼ cup (~2oz)	7	0.3	168	0.2	0.8
Yogurt, Greek, plain, nonfat	6 oz or ¾ cup	17	0.12	187	1.27	0.9
Yogurt, regular, plain, lowfat	6 oz or 1 cup	9	0.14	311	1.0	1.51
Egg , whole	1 large	6	0.9	30	0.5	0.7
Egg white, liquid in carton	¼ cup	7	1.2	44	0.2	0.6
Grains	Cooked unless noted otherwise					
Amaranth grain, cooked	1 cup	9	5	100	0	1.8
Barley, cooked	1 cup	4	2	17	0	1.2
Buckwheat or Kasha	1 cup	6	1.3	12	0	
Bulgur, cooked	1 cup	6	1.8	18	0	
Cornmeal, whole grain yellow	1/3 cup dry	3	1.2	2	0	0.7
Couscous, cooked	1 cup	6	0.6	13	0	0.4
Granola, basic w/nuts	½ cup	5 average	2	-	0	-
Millet	1 cup	6	1.1	5	0	1.6
Oats, regular or quick, cooked	1 cup	6	2	21	0	2.3
Pasta, cooked, (or 2 oz.dry)	1 ½ cup loosely packed	7	2	12	0	0.8
Quinoa, cooked	1 cup	8	2.8	31	0	2

Rice, brown, cooked	1 cup	5	1	20	0	1.2
Rice, white, cooked	1 cup	4	3	6	0	0.8
Wild rice, cooked	1 cup	7	1	5	0	2.2
Bread, 100% whole wheat	1 slice/ 1oz.	4	0.8	50	0	0.6
Legumes						
Beans, dried, (all types except soy)	½ cup cooked	7	3-5mg	25-50	0	0.8
Black-eyed peas, frozen	½ cup cooked	7	2	17	0	1.2
Edamame, frozen/prepared	½ cup	8	1.8	49	0	1.0
Hummus (chickpeas, tahini, oil)	½ cup	10	3	47	0	2.25
Hummus	2 Tablespoons	1.3	0.4	6	0	0.3
Lentils	½ cup	9	3.3	19	0	1.3
Peas, dried	½ cup cooked	8	1	14	0	
Peas, green, frozen	½ cup cooked	4	2.5	19	0	0.5
Soy beans	½ cup	15	4	100	0	1.0
Soy Milk	1 cup=8 fluid ounces	4-7	1.0	200-300	0	0.6
Soy nuts, roasted	¼ cup	17	1.7	60	0	1.4
Sources	Quantity	Grams Protein	Mg Iron	Mg Calcium	Mcgs B12	Mg Zinc
Peanuts, Tree-Nuts, Seeds						
Peanuts, roasted	1 oz (=28 nuts out of shell)	7	0.6	16	0	1
Peanut butter	2 Tablespoons	9	0.6	13	0	1
Avocado	2 Tablespoons	0.3	0.1	2	0	0.1
Almonds, roasted	1 oz (22 nuts)	6	1	75	0	1
Almond butter	2 Tablespoons	7	1	111	0	1
Almond milk	1 cup	1.6	0.9	300+	0	0.2
Chia seeds	2 Tablespoons	4	1.75	143	0	2
Flax seeds	2 Tablespoons ground	5	0.8	36	0	0.6
Pecans, roasted	1 oz (19 halves)	3	0.8	20	0	1.5
Pistachios, roasted	1 oz. (45 nuts)	6	1.1	30	0	0.6
Pumpkin seeds, out of shell	1 oz. (1/4 cup)	9	2.5	13	0	2.2
Sunflower seeds	1 oz. (1/4 cup)	6	1.7	22	0	1.4
Tahini (sesame seed butter)	2 Tablespoons	5	2.7	128	0	1.4
Walnuts, English	1 oz. (14 halves)	4	0.8	28	0	0.9
Meat substitutes						
Seitan, cooked (wheat gluten)	3 oz.	15-21	1-1.4	40	0	n/a
Tempeh	3 oz	20	2.0	96	0.14	1.5

Tofu, raw, firm, made with	½ cup	12	2.0	253	0	1.0
Tofu, raw, soft	½ cup	9	1.4	138	0	0.8
Veggie burger made with beans, frozen	1 (2.4oz)	5	1.7	35	0	0.5
Vegetarian sausage	1 oz	5 average				
Other						
Miso	1 Tablespoon	2	0.42	10	0.01	0.4
Natto	½ cup	17	7.5	190	n/a	2.6
Brewer's yeast*	2 Tablespoons	13	0.6	n/a	*	n/a
Soy milk, plain, lowfat	1 cup	4-7	1.0	200-300	0	0.6
		Grams Protein	Mg Iron	Mg Calcium	Mcgs B12	Mg Zinc
Vegetables	Serving size					
Bulbs, roots and tubers						
Beets	½ cup slices cooked	1.4	0.67	14	0	0.3
Carrots	1 cup cooked	2	0.5	48	0	0.3
Onions	½ cup raw, chopped	1	0.2	18	0	0.1
Parsnips	1 cup slices cooked	2	0.9	60	0	0.4
Potatoes	1 cup boiled	2.8	0.5	8	0	0.4
Sweet potatoes	1 cup baked	4	1.4	76	0	0.6
Sunchokes ("Jerusalem artichoke)	1 cup raw	3	5.1	21	0	0.2
Turnips	1 cup cooked	1.1	0.3	51	0	0.3
Flowers, buds and stalks						
Artichokes	1 medium cooked	3.5	0.7	25	0	0.5
Asparagus	1 cup cooked	4	1.6	42	0	0.5
Broccoli	1 cup cooked	4	1.0	62	0	0.4
Cauliflower	1 cup cooked	2	0.4	20	0	0.2
Celery	1 cup raw, chopped	1	0.2	40	0	0.1
Hearts of palm	1 cup canned	3.7	4.6	85	0	1.7
Nopales (prickly pear cactus, pad)	1 cup cooked	2	0.7	244	0	0.3
Fruit vegetables						
Cucumber	1 cup raw with peel	0.7	0.3	16	0	0.2
Eggplant	1 cup 1" cubes cooked	0.8	0.3	6	0	0.1
Peppers	1 cup chopped	2.5	0.6	10	0	0.4
Squashes						

Summer (zucchini)	1 cup slices cooked	2	0.7	49	0	0.7
Winter (acorn, butternut)	1 cup slices, baked	2.3	1.9	90	0	0.4
Tomatoes	1 cup raw	1.6	0.4	15	0	0.3
		Grams Protein	Mg Iron	Mg Calcium	Mcgs B12	Mg Zinc
Leafy Green Vegetables						
Amaranth leaves	1 cup cooked	2.8	3	276	0	1.16
Arugula	1 cup raw	0.5	0.3	32	0	0.09
Beet greens	1 cup cooked	4	2.74	164	0	0.7
Broccoli raab	1 cup cooked	3	1.0	100	0	0.5
Brussels sprouts	1 cup cooked	4	0.7	56	0	0.4
Cabbage	1 cup cooked	2	0.3	72	0	0.6
Chard	1 cup cooked	3	4	102	0	0.6
Collards	1 cup cooked	5	2.2	268	0	0.4
Kale	1 cup cooked	2.5	1.2	94	0	0.3
Lettuces	1 cup shredded	0.5	0.5	13	0	0.1
Mustard greens	1 cup chopped, cooked	3.58	1.2	165	0	0.3
Parsley	1 cup fresh, chopped	1.78	3.72	83	0	0.6
Seaweed, dry	¼ cup or oz.	0.8	3.32	15	0	0.1
Nori sheet	2 sheets	2	3.6	n/a	0	N/A
Spinach	1 cup cooked	5.4	6.4	245	0	1.4
Spinach	1 cup raw	0.9	0.8	30	0	0.2
Mushrooms	1 cup raw, white/brown	2	0.4	16	0	1.0
Seeds and Pods						
Fresh black-eyed peas	1 cup cooked	14	3.6	211	0	2.4
Fresh green beans, edible pod	1 cup cooked	2	0.9	57	0	0.3
Fresh lima beans	1 cup cooked	12	4.2	54	0	1.3
Okra	1 cup cooked	3	0.4	124	0	0.7
Fresh pea pods	1 cup cooked	5	3.2	67	0	0.6
<u>Sprouts:</u>					0	
Alfalfa	1 cup raw	1.3	0.3	11	0	0.3
Mung	1 cup aw	3	1	13	0	0.4
Pea	1 cup raw	11	2.7	43	0	1.3
Sweet corn	1 cup cooked	5	0.7	4	0	0.9
Hominy , canned white	½ cup	1.2	0.5	16	0	0.87

*Brewer's Yeast is used in nutritional supplements, especially those marketed to [vegans](#). It is often referred to as "[nutritional yeast](#)" when sold as a dietary supplement. Nutritional yeast is a deactivated yeast, usually *S. cerevisiae*. It is an excellent source of protein and vitamins, especially the [B-](#)

[complex](#) vitamins,^[83] as well as other minerals and [cofactors](#) required for growth. It is also naturally low in fat and [sodium](#). Contrary to some claims, it contains little or no vitamin B₁₂.^[56] Some brands of nutritional yeast, though not all, are fortified with [vitamin B₁₂](#), which is produced separately by [bacteria](#).^[8]

Daily Recommended Dietary Allowance for Protein

	Male	Female
1-3 years	13grams/day	13 grams/day
4-8 years	19 grams/day	19 grams/day
9-13 years	34 grams/day	34 grams/day
14-18 years	52 grams/day	46 grams/day
19 years and older	56 grams/day	46 grams/day
Pregnant or Breastfeeding	71 grams/day	71 grams/day

Recommended Dietary Allowances for Iron, milligrams per day

	Male	Female
1-3 years	7	7
4-8 years	10	10
9-13 years	8	8
14-18 years	11	15
19-30 years	8	18
31-50 years	8	18
51-70 years	8	8
71 + years	8	8
Pregnancy		27
Breastfeeding 14-18 years		10
Breastfeeding 19-50 years		9

Recommended Dietary Allowances for Calcium, milligrams per day.

	Male	Female
1-3 years	700	700
4-8 years	1000	1000
9-18 years	1300	1300
19-50 years	1000	1000
51-70 years	1000	1200
71 + years	1200	1200
Pregnancy 14-18 years		1300
Pregnancy 19-50 years		1000
Breastfeeding 14-18 years		1300

Breastfeeding 19-50 years		1000
---------------------------	--	------

Recommended Dietary Allowances for Vitamin B12, micrograms/day

	Male	Female
1-3 years	0.9	0.9
4-8 years	1.2	1.2
9-13 years	1.8	1.8
14-70+ years	2.4	2.4
Pregnancy		2.6
Breastfeeding		2.8

VEGAN VITAMIN B12 FOOD SOURCES

Food	Serving	Vitamin B12 (mcg)
Almond milk, fortified with vitamin B12	1 cup	3*
Coconut milk, fortified with vitamin B12	1 cup	3*
Bob's Red Mill Nutritional yeast	1 tablespoon	2
Soymilk, original, fortified with vitamin B12	1 cup	1.2*

Ready-to-eat cereal, fortified with vitamin B12	½–¾ cup	0.6–6*
---	---------	--------

Common myths about vitamin B12:

Several myths regarding vitamin B12 are wide-spread. They include:

- Bacteria in the mouth and/or GI track synthesize adequate amounts of this vitamin and, thus, there is nothing to worry about. If this was the case, vitamin B12 deficiency would be an uncommon problem.
- It takes many years, perhaps 10 or 20, before vitamin B12 deficiency can occur. In fact, vitamin B12 deficiency can develop relatively quickly after switching to a vegetarian, mainly a vegan, diet

Recommended Dietary Allowances for Zinc, milligrams per day:

	Male	Female
1-3 years	3	3
4-8 years	5	5
9-13 years	8	8
14-18 years	11	9
19-70+ years	11	8
Pregnancy 14-18 years		12
Pregnancy 19-50 years		11
Breastfeeding 14-18 years		13
Breastfeeding 19-50		12

Vegan Sample Menu

Breakfast:

Oatmeal 1 cup with 1 ounce almonds and 1 tablespoon B12-fortified nutritional yeast

1 orange

1 cup soy milk fortified with vitamin B12

Protein 17grams, Iron 4g, Calcium 355mg, B12 3.2mcg, Zinc 3.9mg

Lunch:

2 cups lentil soup with carrots, winter squash

1 Whole wheat bread with 2 Tbsp. hummus

2 cups Spinach salad with ¼ avocado

Oil and vinegar dressing

Protein: 27.6g, Iron 10.6mg, Calcium 195mg, B12 0, Zinc 4.15mg

Dinner:

Quinoa with sweet potato and red onion , 2 cups

Steamed kale and red cabbage, 2 cups

1 cup fresh fruit salad with 1 oz. roasted pecans

Protein: 19.5g, Iron 6.7mg, Calcium 311mg, B12 0, Zinc 5.1mg

Snacks:

½ cup edamame Protein 8g, Iron 118mg, Calcium 49mg, B12 0, and Zinc 1.0 mg.

Day Total:

Protein: 72g, Iron 23mg, Calcium 910 mg, B12 0, Zinc 14.15mg.

Meeting goals for protein, Iron, B12*, and Zinc; Close to goal for Calcium except for women over 50 and men and women over 70,

***with added B12 fortified foods at breakfast.**