

Food Sources of Nutrients Most Often Deficient in Vegetarian Diets

<u>Iron</u>	<u>Mg per serving</u>	<u>Calcium</u>	<u>Mg per serving</u>
Breads, cereals, and grains		Legumes (1 c cooked)	
Whole wheat bread, 1 slice	0.9	Chickpeas	78
White bread, 1 slice	0.7	Great northern beans	121
Bran flakes, 1cup	11.0	Navy beans	128
Cream of wheat, ½ c cooked	5.5	Pinto beans	82
Oatmeal, instant, 1 packet	6.3	Black beans	103
Wheat germ, 2 Tbsp	1.2	Vegetarian baked beans	128
Vegetables (½ c cooked)		Soyfoods	
Beet greens	1.4	Soybeans, 1 c cooked	175
Sea vegetables	18.1-42.0	Tofu, ½ c	120-350
Swiss chard	1.9	Tempeh, ½ c	77
Tomato juice, 1 c	1.3	Textured vegetable protein	85
Turnip greens	1.5	Soymilk, 1 cup	84
Legumes (½ c cooked)		Soymilk, fortified, 1 cup	250-300
Baked beans, vegetarian	0.74	Soynuts, ½ c	252
Black beans	1.8	Nuts and seeds (2 Tbsp)	
Garbanzo beans	3.4	Almonds	50
Kidney beans	1.5	Almond butter	86
Lentils	3.2	Vegetables (½ c cooked)	
Lima beans	2.2	Bok Choy	79
Navy beans	2.5	Broccoli	89
Soyfoods (½ c cooked)		Collard greens	178
Soybeans	4.4	Kale	90
Tempeh	1.8	Mustard greens	75
Tofu	6.6	Turnip greens	125
Soymilk, 1 c	1.8	Fruits	
Nuts/ seeds (2 Tbsp)		Dried figs, 5	258
Cashews	1.0	Calcium-fortified orange juice, 1c	300
Pumpkin seeds	2.5	Other foods	
Tahini	1.2	Blackstrap molasses, 1 Tbsp	187
Sunflower seeds	1.2	Cow's milk, 1 c	300
Other foods		Yogurt, 1 c	275-400
Blackstrap molasses, 1 Tbsp	3.3		
<u>Zinc</u>	<u>Mg per serving</u>	<u>Vitamin D</u>	<u>Mcg per serving</u>
Breads, grains, and cereals		Fortified, ready-to-eat cereals, ¾c	1.0-2.5
Bran flakes, 1 c	5.0	Fortified soymilk or other	
Wheat germ, 2 Tbsp	2.3	Nondairy milk, 1 c	1.0-2.5
Legumes (½ c cooked)		<u>Vitamin B-12</u>	<u>Mcg per serving</u>
Adzuki beans	2.0	Ready-to-eat breakfast cereals, ¾ c	1.5-6.0
Chickpeas	1.3	Meat analogs (1 burger or 1 serving	
Lima beans	1.0	according to package)	2.0-7.0
Lentils	1.2	Fortified soymilk or other nondairy	
Soyfoods (½ c cooked)		milks, 8 oz.	0.2-5.0
Soybeans	1.0	Nutritional yeast (red Star	
Tempeh	1.5	Vegetarian Support Formula,	4.0
Tofu	1.0	formerly T6635 ^a), 1 Tbsp	
Textured vegetable protein	1.4	<u>Linolenic acid</u>	<u>Grams per serving</u>
Vegetables (½ c cooked)		Flax seed, 2 Tbsp	4.3
Corn	0.9	Walnuts, 1 oz	1.9
Peas	1.0	Walnut oil, 1 Tbsp	1.5
Sea Vegetables	1.1-2.0	Canola oil, 1 Tbsp	1.6
Dairy foods		Linseed oil, 1 Tbsp	7.6
Cow's milk, 1 c	1.0	Soybean oil, 1 Tbsp	0.9
Cheddar cheese, 1 oz.	0.9	Soybeans, ½ c cooked	0.5
Yogurt, 1 c	1.8	Tofu, ½ c	0.4