



VEGAN NUTRITION

A SIMPLE CHART





VEGAN NUTRITION GUIDE

PROTEIN & ESSENTIAL FATTY ACIDS

Protein	Used for general growth and maintenance.	Beans, nuts, seeds, tofu, grains.
Omega 3	Reduces inflammation throughout the body, role in brain functioning.	Flaxseed, pumpkin seeds, walnuts (and associated oils).
Omega 6	Brain and muscle development.	Avocado, nuts, vegetable oils, sunflower seed oil, pumpkin seed oil.
Omega 9	Reduces the risk of cardiovascular disease and stroke, increases HDL cholesterol and decreases LDL cholesterol.	Olive oil, canola oil, sunflower oil, peanuts, pistachios, almonds, avocados.



VITAMINS

A	Vision, immune function, skin health.	Citrus fruits, leafy green vegetables, carrots, pumpkin.
B1 (Thiamine)	Crucial role in metabolic reactions.	Yeast, brown rice, sunflower seeds, kale.
B2 (Riboflavin)	Crucial role in metabolic reactions.	Bananas, popcorn, green beans, leafy greens, almonds.
B3 (Niacin)	Hormone production and blood circulation.	Avocados, dates, nuts, legumes, mushrooms.
B5 (Pantothenic Acid)	Synthesis of essential co-enzymes.	Whole grains, broccoli, avocado.
B6 (Pyridoxine)	Metabolism and protein synthesis.	Nuts, bananas, whole grains.
B7 (Biotin)	Cell growth and metabolism of fats.	Leafy green vegetables, peanuts.
B9 (Folic Acid)	DNA replication and repair, cell division.	Leafy green vegetables, legumes, yeast, fortified breads and cereals, sunflower seeds.
B12 (Cobalamin)	Brain and nervous system, blood formation.	Fortified cereals, plant-based milks, Marmite.
C	Immune system, antioxidant.	Guava, capsicum, kiwifruit, broccoli, strawberries, kale.
D	Absorption of calcium and phosphate.	Mushrooms, sunlight.
E	Antioxidant, enzymatic functions, gene expression.	Wheatgerm oil, sunflower oil, nuts, avocados.
K	Blood coagulation and bone, tissue upkeep.	Leafy green vegetables, broccoli, turnip greens.

MINERALS

Calcium	Building and maintaining bones and teeth.	Seaweeds, nuts, seeds, beans, kale, fortified plant-based milks.
Chloride	Roles in metabolism, central nervous system, maintaining acid-base balance.	Table salt, sea salt, tomatoes, lettuce, seaweed, celery.
Cobalt	Cofactor in some proteins.	In B12 fortified foods.
Copper	Cofactor in enzymes, aids immune systems.	Beans, lentils, peanuts, pecans, lemons, raisins.
Iodine	Constituents of some thyroid hormones.	Iodised salt, seaweed, strawberries.
Iron	Cofactor in enzymes (such as haemoglobin).	Lentils, beans, leafy green vegetables, tofu, chickpeas, fortified breakfast cereals.
Magnesium	Cofactor in enzymes which metabolise ATP, and synthesise DNA and RNA.	Black-eyed peas, buckwheat flour, oats, peanut butter, spinach.
Manganese	Cofactor in many enzymes.	Leafy green vegetables, herbs, spices, pineapple, berries, oats.
Molybdenum	Cofactor in many enzymes.	Green beans, sunflower seeds, lentils, cucumber, cereal grains.
Phosphorous	Used in DNA, RNA, ATP and in cell membranes. Aids bone and teeth.	Rice, oats, pumpkin seeds, sunflower seeds, brazil nuts, sesame seeds.
Potassium	Important in nerve functioning, role in maintaining osmotic balance of cells.	Parsley, dried apricots, almonds, pistachios, bananas, avocado.
Selenium	Component of some amino acids, role in thyroid gland.	Brazil nuts, mustard seeds, tofu, asparagus, brown rice, sunflower seeds.
Sodium	Regulates blood volume and pressure, osmotic equilibrium of cells, and transmission of nerve impulses.	Salt, celery, beetroot, silverbeet.
Zinc	Roles in DNA and RNA metabolism, gene expression and a cofactor for many enzymes.	Sesame seeds, poppy seeds, almonds, pumpkin seeds, blackcurrant.

"Well-planned vegan diets are appropriate for all stages of the life-cycle including during pregnancy, lactation, infancy, childhood, and adolescence."
~ American Dietetic Association

