



NUTRIENT FOCUS CHECKLIST

CALCIUM

An adult requires approximately 700mg per day. Sufficient intake needed to lower your risk of bone fractures

Good plant sources:

- fortified plantbased dairy alternatives
- dried fruit e.g. figs
- nuts such as almonds
- leafy green vegetables, such as kale, broccoli, cabbage and okra, not spinach
- red kidney beans
- sesame seeds and tahini
- tofu and soya beans

OMEGA 3 FATTY ACIDS

Needed for good health.

Good plant sources of omega 3:

- walnuts, flax (linseed), hemp seeds, chia seeds and soya beans.

Oils such as hemp, rapeseed and flaxseed oil provide essential omega 3 fats and are preferable to corn or sunflower oils

VITAMIN B12

Vitamin B12 is needed for many reasons. Too little can result in fatigue, anaemia and nerve damage and increase homocysteine levels leading to cardiovascular disease. Aim for 3 mcg of vitamin B12 a day (2 portions of fortified foods each day)

Good plant sources:

- B12-fortified foods such as some breakfast cereals, yeast extracts, soya yoghurts and non-dairy milks.

IRON

Ensure many portions of iron - rich foods in your diet everyday as the iron is far less efficiently absorbed than from animal sources. Combine with vitamin C source to boost absorption. Women (ages 19-50) need 14.8mg a day.

Good plant sources:

- beans
- nuts
- dried fruit; dried apricots
- wholegrains; brown rice
- fortified breakfast cereals
- soy beans
- most dark green leafy vegetables; watercress and curly kale

Combine with vitamin C to help the iron absorption; citrus fruits, strawberries, green leafy vegetables and peppers.

IODINE

Iodine is a mineral that is important for health. It is needed to make the thyroid hormones. Please ensure sufficient intake as quantities in plant-based foods are low.

Plant sources:

- fortified plantbased foods
- cereals
- grains

The quantity of iodine in these foods depends on the soil they were grown in so sufficient intakes of grains and cereals is recommended.



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VITAMIN D

It's needed to keep bones, teeth and muscles healthy and is made in our bodies when our skin is exposed to appropriate sunlight.

In the UK this is usually between April and September. During the winter months, we need to get vitamin D from our diet because the sun isn't strong enough for the body to produce it.

Plant sources:

- sun-exposed mushrooms
- fortified foods such as vegetable spreads, breakfast cereals and plant-based dairy alternatives.

All individuals are recommended to take a supplement of 400IU or 10 mcg every day during the winter period.

PROTEIN

Protein is essential to good health. We need an average of 0.8 grams of protein per kilogram of body weight. Most people get too much.

Good plant sources:

- lentils and beans
- chickpeas
- seeds and nuts and nut butters (e.g. peanut butter)
- tofu, tempeh and seitan
- eggs, and dairy are also good sources if you are eating these

Include a source of protein at every meal.

ZINC

Phytates found in plant foods such as wholegrains and beans reduce zinc absorption, so it's important to eat good sources of zinc-containing foods.

Good plant sources:

- grains, such as oats,
- beans and peas
- nuts, such as almonds and cashews
- seeds, such as pumpkin seeds
- fermented soya such as tempeh and miso

Soak dried beans then rinse before cooking to increase zinc absorption.

SELENIUM

It plays a key role in the functioning of the immune system and in thyroid hormone metabolism and it's needed for successful reproduction.

Recommended intake is 60mcg for women.

Plant sources:

- grains, such as brown rice and oats
- lentils and beans
- seeds and nuts

Just two brazil nuts daily will provide you with your daily requirement of selenium.