

Nutrients of Concern

*Talk to a health care professional about specific vitamin B₁₂ supplement recommendations

Diet	Nutrients of Concern	Nutrient Sources
Ovo-vegetarian	<p>Calcium</p> <p>Vitamin D</p>	<p>Spinach, kale, turnips, collard greens, broccoli, soybeans</p> <p>Vitamin D fortified cereals, juices, soymilk or vitamin D supplement recommended</p>
Lacto-ovo vegetarian	<p>As long as a wide variety of foods are eaten every day, this diet provides adequate amounts of essential nutrients.</p> <p>*Vitamin B₁₂ supplementation</p>	
Vegan or Raw vegan	<p>Protein</p> <p>n-3 Fatty Acids</p> <p>Iron</p> <p>Zinc</p> <p>Calcium</p> <p>Vitamin D</p> <p>Vitamin B₁₂</p>	<p>See Vegan Foods with Protein</p> <p>Flaxseeds, chia seeds, walnuts, canola oil</p> <p>Soybeans, lentils, spinach, tofu</p> <p>Beans, nuts, whole grains</p> <p>Spinach, kale, turnips, collard greens, broccoli, soybeans</p> <p>Vitamin D fortified cereals, juices, soymilk or vitamin D supplement recommended</p> <p>Vitamin B₁₂ supplement or Vegan multivitamin</p>
Macrobiotic	<p>As long as a wide variety of foods are eaten every day, this diet provides adequate amounts of essential nutrients.</p> <p>*Vitamin B₁₂ supplementation</p>	