PLANT-BASED MICRONUTRIENTS

IRON
Legumes, soy products, whole grains, leafy greens, nuts and seeds

ZINC
Legumes, rolled oats, soy products, cashews, seeds

CALCIUM
Calcium fortified plant milks, tofu, chia, kale, Asian greens, broccoli

VITAMIN D
UV exposed mushrooms, sunshine

PLANT-BASED DIETS ARE PERFECTLY SAFE FOR EVERY STAGE OF LIFE, AS LONG AS THEY ARE WELL PLANNED (AS EVERY DIET SHOULD BE) AND JUST AS OMNIVORES DON'T AUTOMATICALLY MEET ALL THEIR DIETARY NEEDS, SOME NUTRIENTS REQUIRE MORE ATTENTION THAN OTHERS WHILE FOLLOWING A PLANT-BASED DIET.

FOR MORE PERSONALISED ADVICE IT IS RECOMMENDED TO SEE A PLANT-BASED HEALTH PROFESSIONAL

greenstuff nutrition
Dietetics done differently.

OMEGA 3 FATS
Flax seeds, chia seeds, walnuts

SELENIUM
Brazil nuts, wholemeal pasta

VITAMIN B12
Nutritional yeast, fortified foods, supplements

IODINE
Nori, iodised salt, non-organic bread