

Food Sources of Nutrients Most Often Deficient in Vegetarian Diets

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

