

Recommendations for Optimum Vegan Nutrition

Vitamin B12 One 2000mcg (or µg) tablet (ideally chewed or dissolved under your tongue) once a week; or 10-100mcg once a day; or servings of B12-fortified foods twice a day (each containing at least 20% "Daily Value" on the label, such as a cup of fortified soy milk or 1 teaspoon B12 fortified nutritional yeast).

Essential Fatty Acids Two tablespoons of ground flax seeds every day. In addition, avoid anything with "partially hydrogenated" on the label, deep-fried foods, and omega 6 rich oils (corn, safflower, sunflower, cottonseed). Diabetics, and pregnant or breast-feeding women should take 300mg of DHA every day.

Vitamin D North of Los Angeles or Atlanta, non-elderly white non-sunscreen-using adults who spend time in the sun can get away with ensuring daily dietary vitamin D just during the winter. Everyone else living at such latitudes should include daily vitamin D sources in their diet year-round. Sources include vitamin D fortified foods, vitamin D supplements (400 IU a day) and dried shitake mushrooms.

Calcium 700 -1000mg a day for ages 19-50 via cups of low-oxalate greens, fortified foods and/or supplements.

Iodine If you don't eat seaweed or use iodized salt, you should supplement your diet with 150mcg a day.

Iron All menstruating women (vegan or not) should increase their intake by combining iron-rich and vitamin C rich foods at meals, and should get checked for iron-deficiency anemia every 5-10 years.

Selenium Northern European vegetarians may need to take supplements or eat about 20 Brazil nuts/month.

- Eat **Dark Leafy Greens, Beans, Nuts, Fresh Fruit, Whole Grains** every day.
- Eat as many **Vegetables** as you can (at least a pound a day).
- Drink five 8oz. glasses of **Water** a day. Consider drinking **Green Tea** every day (but not with meals).

Articles

Michael Klaper on minerals: <http://www.vsh.org/newsletter-2001-09.pdf>
Stephen Walsh on iodine: <http://www.vegansociety.com/html/info/info56.htm>
Ginny Messina on calcium: <http://vegRD.vegan.com/pages/article.php?id=462>
"Ten most common myths about vegetarian diets": <http://www.llu.edu/llu/vegetarian/myths.htm>

Book

[Becoming Vegan](#) by Brenda Davis and Vesanto Melina

Newsletters

"Making Sense of Nutrition Research" Subscribe at <http://www.jacknorrisrd.com>
"Vegetarian Nutrition and Health Letter" from Loma Linda University 1-888-558-8703.

Websites

<http://vegRD.vegan.com>
<http://www.veganhealth.org>
<http://www.andrews.edu/NUFS/vndpg.html>
<http://www.olympus.net/messina/answers.html>
<http://www.vegansociety.com/html/info/infohome.html>