

# SUPPLEMENTS TO CONSIDER WHEN EATING A VEGAN DIET

Supplement	Foods	When to Supplement	Daily Requirement
Iron	Whole grains, some tofu, cast iron pan, some protein powders, fortified juice, lentils, dried apricots, tempeh, pumpkin seed, kidney beans, cashew nuts, chickpeas, peas, sesame seeds, flaxseeds, pumpkin seeds, white beans, soybeans	-If your doctor has told you that you are deficient in iron. -If you do not eat foods containing iron regularly.	Women 18-50: 18 mg Women 51+: 8 mg Men: 8 mg
Calcium	Tofu with calcium, fortified foods (vegan milk, juice), almonds, winter squash, sesame seeds, tempeh, soybeans, black beans, amaranth, teff, navy beans, and white beans. Cooked bok choy, bean sprouts, collard greens, kale, spinach	-If your doctor has told you that you are at risk of developing osteoporosis. -If you do not eat foods containing calcium regularly.	Women 18-50: 1,000 mg Women 50+: 1,200 mg Men 18-50: 1,000 mg Men 50+: 1,200 mg
Vitamin B12	Nutritional yeast/nooch, foods fortified with B12	-If your doctor has told you that you are deficient in B12. -If you do not eat foods fortified with vitamin B12 regularly.	Women: 2.4 mcg Men: 2.4 mcg
Vitamin D	Sunlight, fortified foods (vegan milk, juice)	-If you do not eat foods fortified with vitamin D regularly. -If you live in a northern climate. -If you live in a southern climate but spend most of your time indoors.	Women 18-70: 600 IU Women 70+: 800 IU Men 18-70: 600 IU Men 70+: 800 IU *Some recommendations are higher than this. See your doctor or pharmacist if you have questions about the correct dose.
Omega-3's	Chia seeds, flaxseed (ground), hemp seeds, pecans, walnuts, avocado oil, canola oil, flaxseed oil, walnut oil, margarine, tofu, soybeans (roasted), edamame beans (all of these are considered sources of ALA)	-If your doctor has told you to take an omega-3 supplement. -If you do not eat foods containing ALA regularly.	ALA: 1,100 mg to 1,600 mg daily or 8,000 mg to 11,000 mg weekly. Algae Supplement containing EPA & DHA: 200 mg to 500 mg daily or 1,600 mg to 3,500 mg weekly
Essential Amino Acids	Eating a variety of whole grains, fruits, vegetables, nuts, seeds, soy, quinoa, chia seeds, algae, spirulina, seaweed, and protein powders containing all essential amino acids.	-If you do not get variety in your diet. -You weightlift or exercise hard several days a week. -Elderly and recovering from illness will also benefit. -If you eat processed foods often.	When supplementing, check the packaging for correct dosing.
Multi-vitamin	Eating a variety of whole grains, fruits, vegetables, nuts, and seeds.	-If you do not get variety in your diet. -If you eat processed foods often.	When supplementing, check the packaging for correct dosing.