

PROMINENT PLANT-BASED NUTRIENTS



	NUTRIENT	RICHEST PLANT SOURCES	
MACRO	PROTEIN	beans, peas, lentils, soy products (e.g. tofu, tempeh, soymilk), seeds, nuts, some whole grains	
	ESSENTIAL FATTY ACIDS	omega-6 – seeds, grains, walnuts, soy; omega-3 – chia, flax, and hempseeds, walnuts, greens, soy	
MICRONUTRIENT	VITAMIN	VITAMIN A (as pro-vitamin A carotenoids)	orange, yellow, red, and green vegetables and fruits (e.g. sweet potatoes, kale, squash, carrots, mango, papaya, cantaloupe)
		CHOLINE	shitake mushrooms, soyfoods, wheat germ, legumes, quinoa, cruciferous vegetables, peanuts, peas, almonds, oatmeal, walnuts, potatoes
		FOLATE	leafy greens, vegetables, avocado, legumes, fruits, nuts, seeds, enriched grain products
		VITAMIN B12	fortified cereals, milks, meat analogs; some nutritional yeasts; mushrooms, some seaweeds
		VITAMIN C	fruits and vegetables, especially red sweet peppers, citrus fruits, kiwi, broccoli, blackberries, strawberries, cantaloupe, Brussels sprouts, cabbage, mango, tomatoes, potatoes, pineapples
		VITAMIN D	Vitamin D fortified foods (non-dairy milks, juices, cereals, margarine), mushrooms exposed to UVB rays
		VITAMIN E	nuts and seeds (especially sunflower seeds, almonds, peanuts), wheat germ, vegetable oils, avocados, fruits, vegetables
		VITAMIN K	vegetables (esp leafy greens) and fruits, seaweed, lentils, peas, soy foods, natto (K2), vegetable oils
	MINERAL	CALCIUM	low oxalate greens, calcium-set tofu, fortified non-dairy milks, legumes, almonds, chia seeds, tahini, blackstrap molasses
		IODINE	seaweed, iodized salt grain products, some vegetables and fruits
		IRON	beans, tofu, nuts, seeds, fortified grain products, whole grains, some vegetables, dark chocolate, blackstrap molasses
POTASSIUM		fruits, vegetables, legumes, peanuts, nuts, seeds	
SELENIUM		brazil nuts, whole grains, nuts, seeds, legumes, some vegetables and fruits	
ZINC		legumes, nuts, seeds, whole grains, fortified foods (e.g. breakfast cereals, some meat analogs), peas	