

a guide to

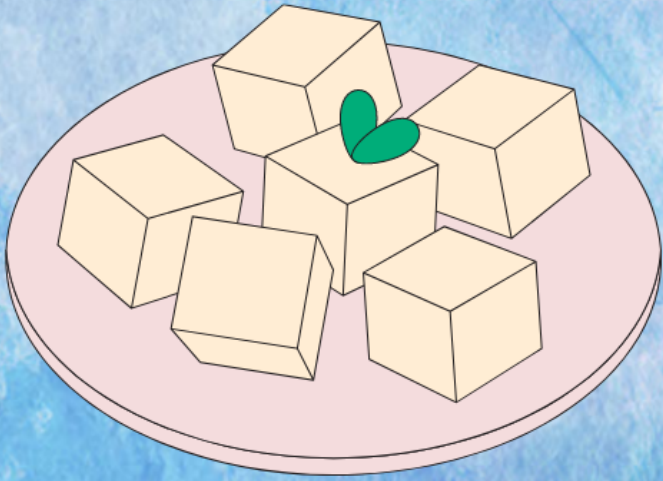
Nourishment as a Vegan

essential nutrients



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Protein Sources



Protein provides your body with amino acids that help to keep your brain and muscles working!

- Legume pasta
- Black beans
- Chickpeas
- Lentils
- Green peas
- Nut butter
- Edamame
- Tempeh
- Baruka nuts
- Seitan
- Quinoa
- Split peas
- Bean burgers
- Kidney beans
- Tofu
- Mock meats
- Lupini beans
- Soy/pea milks
- Nuts and seeds
- Textured vegetable protein

Iron Sources



Iron is important in red blood cell production.



To help absorption, eat with vitamin C rich foods!

- Legumes
- Tofu
- Tempeh
- Natto
- Soybeans
- Cashews
- Almonds
- Macadamia nuts
- Pumpkin seeds
- Flaxseeds
- Hummus
- Leafy greens
- White potatoes
- Sweet potatoes
- Oyster mushrooms
- Palm hearts
- Olives
- Spelt
- Tahini

Calcium Sources

Calcium improves bone and muscle health. It can help prevent osteoporosis.

- Chia seeds
- Amaranth
- Teff
- Wakame seaweed
- Okra
- Kale
- Cabbage
- Broccoli
- Spinach
- Bok choy
- Figs
- Tofu
- Goa beans



- White beans
- Navy beans
- Blackbeans
- Almonds
- Brazil nuts
- Tahini
- Collard greens
- Blackcurrants

Zinc Sources

Zinc plays a role in brain health and supports your immune system.

- Chia seeds
- Fortified cereals
- Toasted wheat germ
- Firm tofu
- Oats
- Hemp seeds
- Wild rice
- Pumpkin seeds
- Lentils
- Beans
- Chickpeas



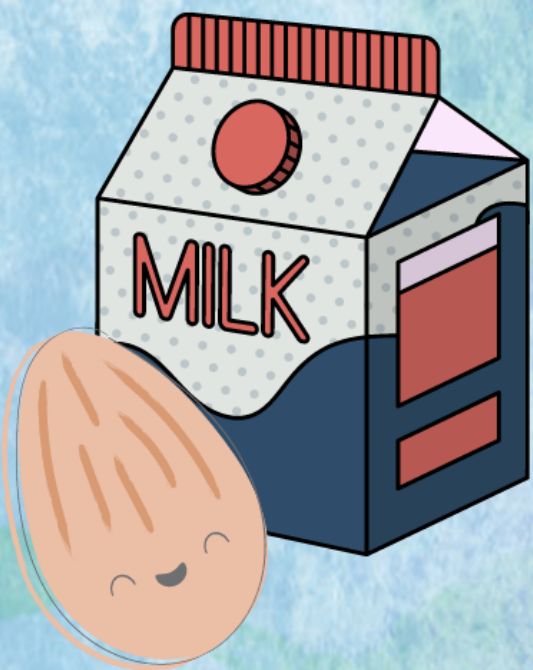
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Vitamin B12 Sources

Vitamin B12 is involved in many important body functions and protects the brain's abilities.



- Nutritional yeast
- Marmite
- Fortified soy milk
- Fortified almond milk
- Meat substitutes
- Fortified cereals
- Tempeh
- Cremini Mushrooms



This vitamin may need to be supplemented in a vegan diet!

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Riboflavin Sources

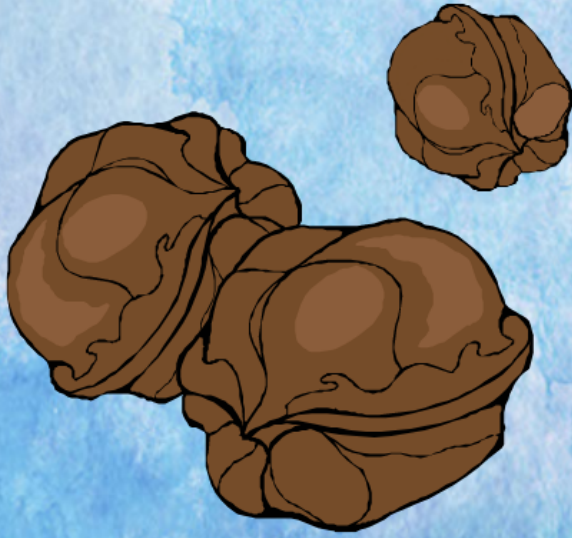
Riboflavin plays a large role in body functions of creating energy. It also helps to alleviate stress and depression.



- Brewer's yeast
- Almonds
- Whole grains
- Wheat germ
- Wild rice
- Mushrooms
- Soybeans
- Brussels sprouts
- Spinach
- Broccoli



Omega-3 Sources



Omega-3 fatty acids help to build cell walls, reduce inflammation, and protect brain health.

- Chia seeds
- Brussels sprouts
- Hemp seeds
- Walnuts
- Flaxseeds
- Seaweed
- Edamame
- Kidney beans
- Canola oil
- Soybean oil
- Extra firm tofu



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