ADDITIONAL MATERIALS

AM 1. Davis B, Vesanto M. Becoming Vegan. The Vegan Plate. US, 2014\textsuperscript{22}.
AM 3. Department of Nutrition. Loma Linda University. Vegetarian Food Pyramid. US, 2008.\textsuperscript{13}

*A reliable source of vitamin B12 should be included if no dairy or eggs are consumed.*

**Nutrition Tips:**

- Choose mostly whole grains.
- Eat a variety of foods from each of the food groups.
- Adults age 70 and younger need 800 IU of vitamin D daily.
- Sources include fortified foods (such as some soymilks) or a vitamin D supplement.
- Sources of iodine include iodized salt (3/8 teaspoon daily) or an iodine supplement (150 micrograms).
- See www.vrg.org for recipes and more details.

**Vitamin B12:**

Vegans need a reliable source of vitamin B12. Eat daily a couple of servings of fortified foods such as B12-fortified soymilk, breakfast cereal, meat analog, or Vegetarian Support Formula nutritional yeast. Check the label for fortification. If fortified foods are not eaten daily, you should take a vitamin B12 supplement (35 micrograms daily).

**Note:**

Like any food plan, this should only serve as a general guide for adults. The plan can be modified according to your own personal needs. This is not personal medical advice. Individuals with special health needs should consult a registered dietitian or a medical doctor knowledgeable about vegan nutrition.

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