

Power Up with Plant Based Eating

Tips for meeting your nutrient needs

Protein

In a vegetarian eating pattern, consuming adequate protein can be a challenge.

- Vegetarian sources of protein include beans, peas, nuts, nut butters, seeds, soy foods, quinoa, eggs, and dairy.
- When opting for alternative dairy sources, purchase products fortified with calcium, vitamin A, and vitamin D.
- Colors in plant foods represent different nutrients: the more colors you consume, the more nutrients you will provide for your body.

What is a serving of protein?

** Aim for 2-3 servings or combinations of protein per meal*

- Legumes (beans, lentils, peas) - 1/2 cup cooked
- Nuts or seeds (pistachios, cashews, almonds, pumpkin seeds, sunflower seeds: 1 ounce
- Butters (peanut butter, almond butter, sunflower seed butter) - 2 tablespoons
- Eggs - 1 or 2 whole
- Veggie burger meat alternative - 1/2 cup
- Soy foods or meat alternatives (tofu, tempeh) - 1/2 cup
- Quinoa or amaranth - 1 cup cooked

Nutrient deficiencies

Common nutrient deficiencies in a vegetarian pattern of eating: iron, vitamin B12, folate, zinc, calcium, vitamin D, vitamin A, and omega-3 fatty acids.

- Meat, dairy, fish, poultry, and eggs all contain important vitamins and minerals.
- When reducing or omitting animal foods, it's important to ensure you're getting essential nutrients from plant based sources.

Foods to Eat to Prevent Deficiencies

B12 ▶ eggs, nutritional yeast, fortified breakfast cereals

Folate ▶ fortified breakfast cereals, green leafy vegetables, citrus fruits, lentils, beans

Iron ▶ green leafy vegetables, fortified breakfast cereals, lentils, beans, pistachios, quinoa, oatmeal

Vitamin D ▶ mushrooms, milk, milk alternatives

Zinc ▶ chickpeas, lentils, almonds, kidney beans, pumpkin seeds, chia seeds

Calcium ▶ beans, peas, lentils, seeds, green leafy vegetables, dairy, milk alternatives

Vitamin A ▶ sweet potatoes, squash, carrots, mangoes, dairy, milk alternatives

Omega-3 Fatty Acids ▶ walnuts, flax seeds, chia seeds, hemp seeds, seaweed