Vegan
MY PLATE

Nutrition Tips:
* Choose mostly whole grains.
* Eat a variety of foods from each of the food groups.
* Adults age 70 and younger need 600 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.wrg.org for recipes and more details.

Fruits
Grains
Vegetables
Protein

Calcium
Leafy greens, calcium-fortified soymilk and juices, tofu, etc.

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 (25 micrograms daily).

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