

Vegan Dietary Recommendations

Proteins - 40 - 50 grams daily: Be sure that you are getting all of your amino acids including lysine and tryptophan as these are important for mood and immunity. Check multi and protein powders to see mg amounts.

- **Plant based sources of tryptophan include:** leafy greens, sunflower seeds, watercress, soybeans, pumpkin seeds, mushrooms, broccoli, and peas.
- **Plant based sources of lysine:** quinoa, lentils, beans, pistachios, pumpkin seeds.
- Also, **include a high quality pea or hemp protein powder such as Vega** to ensure that you get adequate grams of protein and all of your amino acids.

Essential Fatty Acids: Eat plenty of nuts, seeds - especially walnuts, chia and flax seeds along with the Udo's 3-6-9.

Iron: Take either a plant based supplement such as Floradix (2 tsp daily before meals) or another supplement such as Iron Extra - see below. Food sources: lentils, beans, fortified cereals, nuts, seeds, oats and leafy greens, dried fruit and black strap molasses - 1 Tbsp in warm water daily.

Zinc: Include a multi (see below) and include pumpkin seeds and sunflower seeds daily - 1/4 cup is ideal - can roast and grind and add to salads.

Vitamin D3: Supplement at least 2000 IU daily depending on sun exposure - see below.

Vitamin A: Can only get through beta carotene so eat PLENTY of orange-yellow vegetables - winter squash, carrots, sweet potatoes, yams, etc.

Iodine: Use iodized sea salt as well as including plenty of sea vegetables such as Nori (homemade sushi rolls), dulse and kombu - in soups. Can use the condiment Gomasio with seaweed as a spice.

Calcium: 600 - 1200 mg daily. Include plenty of dark leafy greens such as kale, bok choy, turnip greens, and broccoli as well as a high quality supplement.

Vitamin B12: Supplement with a high quality liquid such as methylcobalamin or hydroxocobalamin - 1000 mcg daily.

Use App: Eat This Much for meal planning, grocery lists, etc.