**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. Be sure you’re getting enough by using fortified foods (plant milks) or a vitamin D supplement.
*Use iodized salt (3/8 teaspoon daily) or an iodine supplement (150 micrograms) to make sure you get enough iodine.
*See www.vrg.org for recipes and more details.

**Calcium**
leafy greens, calcium-fortified soy milk and juices, tofu, etc.

**Fruits**

**Grains**

**Vegetables**

**Protein**

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**Vitamin B12:**

Vegans need a reliable source of vitamin B12. Eat daily a couple of servings of fortified foods such as B12-fortified soy milk, 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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**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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