

*Webinar 9 Handout:*

**PLANT-BASED SOURCES OF IRON, VITAMIN B12,  
CALCIUM & OMEGA-3 FATTY ACIDS**

Your vegetarian and vegan clients may have trouble meeting their daily requirements for iron, vitamin B12, calcium, and omega-3 fatty acids. Here's a go-to list for you to easily make recommendations to these clients.

**Iron**

Food	Serving Size	Iron
Cereal, 100% fortified*	$\frac{3}{4}$ cup	18 mg**
Lentils	$\frac{1}{2}$ cup, boiled	3.3 mg
Spinach, cooked	$\frac{1}{2}$ cup	3.2 mg
White beans	$\frac{1}{2}$ cup, boiled	2.5 mg
Pumpkin seed kernels	1 ounce	2.3 mg
Soybeans (non GMO)	$\frac{1}{2}$ cup, boiled	2.3 mg
Chia seeds	1 ounce	2.2 mg
Kidney beans	$\frac{1}{2}$ cup, boiled	2.0 mg
Black beans	$\frac{1}{2}$ cup, boiled	1.8 mg
Tofu	3 oz.	1.4 mg
Quinoa	$\frac{1}{2}$ cup, cooked	1.4 mg
Pistachio nuts	1 ounce (49 kernels)	1.1 mg
Barley	$\frac{1}{2}$ cup, cooked	1.0 mg
Whole grain bread	1 slice	0.7 mg

### Vitamin B12

Food	Serving Size	Vitamin B12**
Cereal, fortified with vitamin B12*	¾ cup	0.6-6 mcg
Nutritional yeast	2 tablespoons	4.8 mcg
Almond milk, fortified with vitamin B12	1 cup	3 mcg
Rice milk, fortified with vitamin B12	1 cup	1.5 mcg

### Calcium

Food	Serving Size	Calcium**
Almond milk, fortified	1 cup	451 mg
OJ, calcium fortified	1 cup	364 mg
Rice milk, fortified	8 ounces	283 mg
Collard greens	1 cup, cooked	268 mg
Tofu, firm, with calcium sulfate	3 ounces	171 mg
Blackstrap molasses	1 tablespoon	110 mg
Kale	1 cup, cooked	94 mg
Sesame seeds	1 tablespoon	88 mg
White beans	½ cup	81 mg
Almonds	1 ounce	80 mg
Bok choy	½ cup, cooked	79 mg

Figs (dried)	¼ cup	61 mg
Broccoli	1 cup, raw	43 mg

*\*While fortified options, especially fortified cereals, are not usually my top recommendation because they tend to be overly processed, there may be cases when these products are appropriate, especially if your client is struggling to meet his or her needs. Always opt for the most natural sources first and turn to minimally processed fortified foods as a backup option.*

*\*\*With fortified products, vitamin content will vary depending on the brand.*

### Omega-3 Fatty Acids

Food	Serving Size	Omega-3 Fatty Acids
Flaxseed oil	1 tablespoon	7.3 g
Walnuts	1 ounce	2.5 g
Chia seeds	1 ounce	5.1 g
Flaxseeds	1 tablespoon, ground	1.2 g
Hemp seeds	1 tablespoon	0.87 g
Avocado	½ cup, sliced	0.08 g