

**MOST PEOPLE INQUIRE ABOUT GETTING ADEQUATE AMOUNTS OF THE FOLLOWING NUTRIENTS WHEN CHOOSING TO CONSUME PLANT-BASED MEALS**

**PLANT-BASED PROTEIN SOURCES**

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<b>Food</b>	<b>Amount</b>	<b>Protein (g)</b>
Tempeh	½ cup	15 g
Peanuts	¼ cup	10.5 g
Tofu	½ cup	10 g
Hempseed	2 Tablespoons	10 g
Lentils, cooked	½ cup	9 g
Nutritional Yeast	2 Tablespoons	9 g
Almonds	¼ cup	8.5 g
Edamame, cooked	½ cup	8.5 g
Peanut Butter	2 Tablespoons	8 g
Beans (variety)	½ cup	7 g
Spinach, cooked	½ cup	3 g
Oats, cooked	½ cup	6 g
Pumpkin seeds	2 Tablespoons	5 g
Chia seed	2 Tablespoons	4 g
Green peas, cooked	½ cup	4 g
Quinoa, cooked	½ cup	4 g
Brown rice, cooked	½ cup	2 g
Potato, white, cooked	½ medium	2 g
Broccoli, cooked	½ cup	2 g
Brussels Sprouts, cooked	½ cup	2 g
Spinach, raw	2 cups	1.8 g
Asparagus, cooked	½ cup	1.5 g
Jackfruit	½ cup	1.5 g
Mustard Greens, cooked	½ cup	1.5 g
Squash (yellow), cooked	½ cup	1.5 g
Avocado	1/3 medium	1.3 g
Banana	1 medium	1.3 g
Cauliflower, cooked	½ cup	1 g
Kiwi	½ cup	1 g

## PLANT-BASED CALCIUM SOURCES

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<b>Food</b>	<b>Amount</b>	<b>Calcium (mg)</b>
Fortified Milk, (almond, soy, rice)	1 cup	350 mg
Tofu, prepared with calcium	½ cup	205 mg
Kale, raw	2 cups	180 mg
Kidney beans, cooked	½ cup	180 mg
Spinach, cooked	½ cup	135 mg
Collard greens, cooked	½ cup	135 mg
Almond butter	2 Tablespoons	111 mg
Bok Choy, cooked	½ cup	100 mg
White beans, cooked	½ cup	95 mg
Okra, cooked	½ cup	90 mg
Soybeans, cooked	½ cup	88 mg
Almonds	¼ cup	62 mg
Spinach, raw	2 cups	60 mg
Walnuts	½ cup	60 mg
Oranges	1 medium	55 mg
Swiss Chard, cooked	½ cup	51 mg
Mustard greens, cooked	½ cup	50 mg
Broccoli Rabe, cooked	½ cup	50 mg
Butternut squash, cooked	½ cup	42 mg
Broccoli, cooked	½ cup	30 mg
Brussels Sprouts, cooked	½ cup	30 mg
Tangerine	1 medium	30 mg
Green beans, cooked	½ cup	28 mg
Kiwi	1 medium	25 mg
Parsley	¼ cup	21 mg
Broccoli, raw	½ cup	20 mg
Sweet potato, cooked	1/3 medium	18.3 mg
Tahini	2 Tablespoons	16 mg
Apricots	½ cup	10.5 mg

## VITAMIN B12 SOURCES – NOTE: IF YOU ARE VEGAN, MAKE SURE TO TAKE VITAMIN B12 SUPPLEMENT

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Food	Amount	B12 (mcg)
<b>Plant-Based:</b>		
Nutritional Yeast	2 Tablespoons	10 mcg
Fortified Cereal	1 cup	6 mcg
Fortified Nondairy Milk	1 cup	2.1 mcg
(Recommend to take a Vitamin B12 supplement when on a plant-based diet)		
<b>Animal Products:</b>		
Sardines	3 ounces	8.1 mcg
Trout	3 ounces	5.4 mcg
Salmon	3 ounces	4.9 mcg
Tuna, canned	3 ounces	2.5 mcg

## PLANT-BASED IRON SOURCES

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Food	Amount	Iron (mg)
Spinach, raw	2 cups	6 mg
Soybeans, cooked	½ cup	4.4 mg
Pumpkin seeds	2 Tablespoons	4.2 mg
Dried apricots	½ cup	4 mg
White beans, cooked	½ cup	3.9 mg
Lentils, cooked	½ cup	3.5 mg
Dark chocolate	1 ounce	3.3 mg
Spinach, cooked	½ cup	3 mg
Black eyed peas, cooked	½ cup	2.5 mg
Hearts of Palm	½ cup	2.3 mg
Olives, black	½ cup	2.2 mg
Tomato paste	¼ cup	2 mg
Swiss chard, cooked	½ cup	2 mg
Potato, white, cooked	½ medium	1.6 mg
Turnip greens, cooked	½ cup	1.6 mg
Asparagus, cooked	½ cup	1.5 mg
Podded peas, raw	½ cup	1.5 mg
Mushrooms, cooked	½ cup	1.5 mg
Prune juice	4 oz.	1.5 mg
Beets, canned, drained	½ cup	1.5 mg
Quinoa, cooked	½ cup	1.4 mg

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Leeks, raw	½ cup	1 mg
Oats, cooked	½ cup	1 mg
Brussels sprouts, cooked	½ cup	1 mg
Kale, cooked	½ cup	0.8 mg
Broccoli, cooked	½ cup	0.6 mg
Sweet potato, baked w/ skin	1/3 medium	0.4 mg
Apple	1 medium	0.3 mg
Watermelon	½ cup	0.2 mg

## **DIETARY FIBER SOURCES – NOTE: FOODS OF ANIMAL ORIGIN DO NOT CONTAIN DIETARY FIBER**

<b>Food</b>	<b>Amount</b>	<b>Fiber (g)</b>
Dried Figs	½ cup	11 g
Chia seed	2 Tablespoons	10 g
Dried Apricots	½ cup	9 g
Lentils, cooked	½ cup	8 g
Artichoke hearts	½ cup	7 g
Beans (variety)	½ cup	6 g
Pear (with skin)	1 medium	6 g
Dried Prunes	½ cup	6 g
Barley	½ cup	5 g
Mango	½ cup	5 g
Quinoa, cooked	½ cup	5 g
Green peas, cooked	½ cup	4.5 g
Avocado	1/3 medium	4.3 g
Oats, cooked	½ cup	4 g
Whole wheat pasta	½ cup	4 g
Berries (blackberries, raspberries, etc.)	½ cup	4 g
Nutritional Yeast	2 Tablespoons	4 g
Butternut squash, cooked	½ cup	3.5 g
Parsnips, cooked	½ cup	3.5 g
Broccoli, cooked	½ cup	3 g
Raisins	½ cup	3 g
Collard greens, cooked	½ cup	3 g
Apple (with skin)	1 medium	3 g
Banana	1 medium	3 g
Orange	1 medium	3 g
Jicama, raw	½ cup	3 g
Tahini	2 Tablespoons	2.6 g
Brussels sprouts, cooked	½ cup	2.5 g

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## Wellness

Pecans	¼ cup	2.5 g
Spinach, cooked	½ cup	2 g
Asparagus, cooked	½ cup	2 g
Green beans, cooked	½ cup	2 g
Walnuts	¼ cup	1.75 g
Carrots, raw	½ cup	1.6 g
Beets, canned	½ cup	1.5 g
White mushrooms, cooked	½ cup	1.5 g
Rutabaga, cooked	½ cup	1.5 g
Kale, cooked	½ cup	1.3 g
Sweet potatoes, cooked	1/3 medium	1.3 g

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