

VEGAN CHEAT SHEET

A Guide to Complete Nutrition



LEGUMES

- Protein • Magnesium
- Iron • Zinc
- Folate • Fiber



NUTS

- Protein • Magnesium
- Iron • Selenium
- Fiber • Vitamin E



HEMP, FLAX, & CHIA SEEDS

- Protein • Omega 6
- Omega 3



TOFU & TEMPEH

- Protein
- Iron
- Calcium



PLANT MILKS & YOGURT

- Calcium
- Vitamin D*
- Vitamin B12*



SEAWEED

- DHA • Potassium
- Magnesium • Iodine
- Riboflavin • Antioxidants



NUTRITIONAL YEAST SPROUTED & FERMENTED PLANT FOODS

- Protein • Magnesium*
- Fiber • Copper*
- Zinc* • B Vitamins*



- Reduce Antinutrients
- Probiotics • Vitamin K2



WHOLE GRAINS & CEREALS

- Fiber • B Vitamins
- Iron • Magnesium



CAULIFLOWER & BROCCOLI

- Choline • Vitamin C
- Fiber • B Vitamins
- Iron



AVOCADOS

- Vitamin K • Fiber
- Folate • Antioxidants
- Potassium



FRUITS & VEGETABLES

- Fiber
- Vitamins
- Iron

*if fortified

Source: [healthline.com/nutrition/foods-vegans-eat#section1](https://www.healthline.com/nutrition/foods-vegans-eat#section1)