

Dr. Greger's Recommendations for Optimum Vegetarian Nutrition

Vitamin B₁₂ One 2000 mcg (or µg) tablet (ideally chewed or dissolved under your tongue) once a week; or at least 10-100 mcg once a day; or servings of B₁₂-fortified foods (containing at least 25% "Daily Value" on the label) at least twice a day.

Essential Fatty Acids Two tablespoons of ground flax seeds every day or two teaspoons daily of flax seed oil, in addition to avoiding omega 6-rich oils (corn, safflower, sunflower, cottonseed), saturated fats, and trans fats. Diabetics and pregnant or breast-feeding women should take 300 mg of DHA every day.

Vitamin D North of Los Angeles or Atlanta, non-elderly white non-sunscreen-using adults who spend time in the sun can get away with ensuring daily dietary Vitamin D just during the winter. Everyone else living at such latitudes should include daily Vitamin D sources in their diet year-round. Sources include Vitamin D-fortified foods, Vitamin D supplements, or eating about a dozen dried shitake mushrooms or a dozen fresh Chanterelle mushrooms every day.

Calcium 1000 mg a day for ages 19-54 via cups of low-oxalate greens, fortified foods, and/or supplements.

Iodine If you don't drink milk or eat seaweed or use iodized salt, you may need to supplement your diet.

Iron Menstruating women should increase their intake by combining iron-rich and Vitamin C-rich foods at meals and should get checked for iron-deficiency anemia every few years. Men should be checked for hemochromatosis before increasing iron intake.

Selenium Northern European vegetarians may need to use supplements or eat about 20 Brazil nuts per month.

- **Eat dark leafy greens, beans, nuts, fresh fruit, and whole grains every day.**
- **Eat as many vegetables as you can.**
- **Drink at least five glasses of water a day.**

Articles

Michael Klaper on minerals: <http://www.vsh.org/newsletter-2001-09.pdf>

Ginny Messina on calcium: <http://vegRD.vegan.com/pages/article.php?id=462>

Stephen Walsh on iodine: <http://www.vegansociety.com/html/info/info56.htm>

"Ten most common myths about vegetarian diets": <http://www.llu.edu/llu/vegetarian/myths.htm>

Books

Becoming Vegan by Brenda Davis and Vesanto Melina

Newsletter

"Vegetarian Nutrition and Health Letter" from Loma Linda University, 1(888)558-8703.

Websites

<http://vegRD.vegan.com>

<http://www.veganoutreach.org/health/>

<http://www.vegansociety.com/html/info/infohome.html>