

Nutrients Of Concern In Vegetarian Diets

<u>Iron</u>	<u>mg/serving</u>	<u>RDA</u>
Sea vegetables, ½ cooked	18-20	11 mg/day
Lentils, ½ c cooked	3.4	
Soybeans, 1/2c cooked	4.4	
Tofu, 1/2c cooked	6.6	
Swiss chard, ½ c cooked	1.9	
Blackstrap molasses, 1 T	3.3	
<i>For Comparison:</i>		
Lean bottom round beef, 3 oz	2.7	

Considerations

Food or supplement sources of Vitamin C, folacin, will assist with absorption, iron supplements should be taken before a meal. 15-30% of heme iron in meat is absorbed, 2-10% of non-heme iron from vegetable sources is absorbed. Inhibitors include oxalic acid in spinach and chocolate, phytic acid in wheat bran and legumes, tannins in tea, and polyphenols in coffee.

<u>Zinc</u>	<u>mg/serving</u>	<u>RDA</u>
Bran Flakes 1c	5.0	M(15mg/d),F(12mg/d)
Wheat germ, 2 TB	2.3	
Aduki beans, ½ c	2.0	
Soybeans, ½ c	1.0	
Oysters, ½ c	8.2 mg.	
<i>For comparison:</i>		
Chicken 3 oz.	2.5 mg.	

Considerations

↑Phytate, ↑iron, ↑calcium interfere with absorption. Associated with hypogeusia and hypomia (loss of taste, smell). Often occur with burns, bone fractures, infections, and may partially account for poor appetite. 2 mg/kg body weight/day helpful in recovery of the patient. Zinc sulfate (40/mg zinc/100 mg) has been used to counteract the anorexia experienced by cancer patients.

Nutrients of Concern in Vegetarian Diets Continued

<u>Calcium</u>	<u>mg/serving</u>	<u>RDA</u>
Great northern beans 1 c	121mg.	800mg.*
Tofu, processed with calcium sulfate, ½ c	260 mg.	
Soymilk, enriched, 1 c	400 mg.	
Spinach, ½ c	131 mg	
Figs, 5 each	137 mg	
Orange juice, fortified with calcium, ¾ c	215 mg	
Yogurt, plain nonfat, 1 c	488 mg.	
Cheddar cheese, 1 oz.	148 mg.	
Milk, skim, 1 c	302 mg.	
Blackstrap molasses, 1 TB	187 mg.	

Considerations

Factors favoring calcium absorption: Vitamin D (sunlight, fortified soymilk, cereals), HCL (normal decline of HCL in elderly may result in impaired absorption). Factors depressing calcium absorption: Oxalic acid, phytic acid, dietary fat, high phosphorus intake (sodas, meats), increased GI motility, lack of exercise, caffeine, drugs, antacids. Supplements should be taken before bed, not with meals as they may interfere with iron absorption. Tums are not recommended as a good source.

<u>B₁₂</u>	<u>mcg/serving</u>	<u>RDA</u>
Tempeh, 8 oz. Patty	2.3	2.0 mcg/day
Ready to eat breakfast cereals, ¾ c	1.5-6.0	
Meat analogs, 1 serving	2.0-7.0	
Fortified soymilk, 1 c	0.2-5.0	
Nutritional yeast, 1 TB	4.0	
<i>For comparison:</i>		
All animal-derived foods	1-10	

Considerations:

Combination of extrinsic and intrinsic factors for absorption. Synthesized by microorganisms (tempeh) and in the digestive tract of animals. Supplementation may be necessary by strict vegetarians not consuming enough of the foods listed above. Deficiency typically takes years to develop.