

...the scoop on the seat

Vegetarian Nutrition

You can easily get every nutrient you need on a vegetarian or vegan diet.

Vegetarians get **protein, iron** and **zinc** by eating 1-2 cups per day of beans, lentils, peas and bean products like hummus, falafel, tofu and bean burgers.

Vegans get **calcium, vitamin D, and B12** from plant milks like almond milk, soy milk and rice milk, and orange juice.

Vegans also get **calcium** from leafy green vegetables.

Vegans also get **vitamin D** from the sun.

Vegans get **omega-3 fatty acids** from walnuts, flaxseeds, and canola oil.

Vegans get **iodine** from salt.

Visit this website for more:
www.vegetarianyouth.com

