

# Dr. Greger's Recommendations for Optimum Vegetarian Nutrition

**Vitamin B<sub>12</sub>** 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 B<sub>12</sub>-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.**

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## 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>