



A PLANT-BASED NUTRITION GUIDE

EAT THE RAINBOW

A guide to vitamins & minerals



VITAMINS & MINERALS FOR
PLANT-BASED EATERS

Vitamin D
B12
Iron
Calcium

VITAMIN D

FOOD SOURCES

- Mushrooms: Maitake & Portabella
- Fortified products: Plant-based milk
- At least 15 minutes of sun exposure per day
- Vitamin D supplements

Increases the amount of calcium & phosphorus your body absorbs from foods.

RDA: Up to 800 IU per day.

VITAMIN B12

FOOD SOURCES

- Fortified products: Plant-based milk
- Nutritional yeast
- Vitamin B12 supplements

Vitamin B12 deficiency can cause side effects such as anaemia, nerve damage, heart disease or pregnancy complications.

RDA: Up to 2.6 mcg per day.

IRON

FOOD SOURCES

- Kale
- Cashew nuts
- Spirulina
- Quinoa
- Dried apricots & figs
- Rolled oats
- Beans
- Hemp seeds & pumpkin seeds

Vitamin C increases iron absorption.
RDA: Up to 18 mg per day.

CALCIUM

FOOD SOURCES

- Fortified products: Plant-based milk
- Tempeh
- Tahini
- Kale
- Edamame
- Almonds
- Figs
- Bok choy

Vitamin D aids in absorption.
RDA: Up to 1300 mg per day.

ABSORPTION OF VITAMINS & MINERALS

- The body controls mineral absorption via the intestinal wall depending on the needs and requirements.
- Over-loading the body can result in toxicity.
- Foods rich in phytates can block absorption (fibre-containing whole grain products; beans, seeds nuts).
- Foods rich in oxalates can also hinder absorption (rhubarb, beets, spinach, sweet potatoes, tea, chocolate and soy products).
- Some vitamins and minerals improve absorption. Vitamin D can assist with the absorption of calcium and magnesium. Vitamin C can assist the absorption of iron.

EAT THE RAINBOW

Eat a variety of fruits and vegetables in order to get all the essential vitamins and minerals;

- RED; Tomatoes, beetroot, strawberries, raspberries, red quinoa, watermelon, red peppers
- YELLOW; Banana, lemon, ginger root, pineapple, squash, yellow courgettes
- ORANGE; Carrots, mango, cantaloupe, sweet potatoes, red lentils, turmeric, oranges
- GREEN; Broccoli, kale, cabbage, bok choy, celery, peppers, spinach, edamame, cucumber
- WHITE, BEIGE, BROWN; Leeks, pears, mushrooms, nuts, cocoa, tahini, sauerkraut, dates
- BLUE, INDIGO, VIOLET; Blueberries, blackberries, figs, plums, aubergine, cabbage, olives

