

If I am a vegetarian where can I get my...

- Protein- whole grains, lentils, beans, tofu, low-fat dairy, nuts, seeds, eggs, peas
- Calcium- low-fat dairy, dark, leafy veggies, broccoli, beans, calcium fortified cereal, cereal bars, juice
- Vitamin D- low-fat dairy, many soy products, your body makes its own when your skin is exposed to sunlight (comes with risks)
- Iron- iron fortified bread and cereal, dark green veggies, dried fruit
 - * Increasing Vitamin C intake (citrus fruits, tomatoes, green peppers) helps to absorb iron
- Vitamin B12- low-fat dairy and eggs
 - * Vegans- B12 fortified soy milk

