

Vegan Nutritional Chart

Vitamin A (Immune support)



Sweet potato, red pepper, squash, kale, carrots

Vitamin E (antioxidant)



Sunflower seeds, almonds, avocado, kiwi, spinach

Vitamin C (boost immune system)



Chillies, strawberries, yellow pepper, lemons, oranges

Iron (general energy and focus)



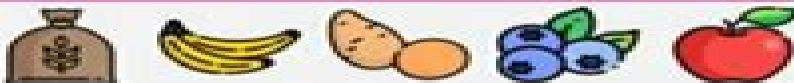
Spinach, dark chocolate, tofu, broccoli, cashew nuts

Calcium (bone & heart health)



Seeds, Lentils, almonds, tofu, kale

Carbohydrates (fuels essential organs)



Oats, bananas, sweet potato, blueberries, apples

Vitamin D (bones and teeth)



Sun, mushrooms, soya milk, orange juice, almond milk

Vitamin K (metabolism)



Broccoli, kale, parsley, avocado, spinach

Vitamin B12 (blood health)



Nutritional yeast, soya milk, almond milk, fortified spread, fortified cereal

Potassium (regulates fluid balance)



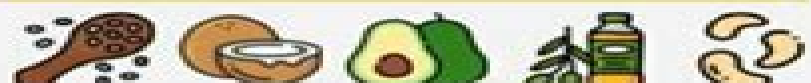
Avocado, sweet potato, spinach, watermelon, banana

Protein (hair, nails, muscle & skin health)



Tofu, peanut butter, seeds, soya milk, almonds

Fat (absorbs vitamins & helps brain function)



Chia seeds, coconut, avocado, olive oil, cashew nuts

It Done Nutrition Guide 5 5 5

Michael Hoelscher



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