

WNCS HK HEALTHY EATING TIPS CARD

THE VEGETARIAN DIET

Nutrients at risk for vegetarians¹⁻⁴

PROTEIN

- ☼ **Sources:** eggs, dairy products, legumes, dried beans, nuts and seeds.
- ! **Soybean** and **quinoa** are the only plant protein sources with all essential amino acids our body needs.

VITAMIN B12

- ☼ **Sources:** fortified foods e.g. breakfast cereal, soymilk or nut milk.
- ! Vitamin B12 is **only available from animal sources. Supplementation is necessarily for vegans.**[#]

IRON

- ☼ **Sources:** spinach, black ear fungus and dried fruits (e.g. apricots).
- ! **Consume separately from tea or coffee** to not inhibit absorption by tannin.
- ! Pair with vitamin C-rich foods (e.g. tomato) to help with absorption.

VITAMIN D

- ☼ **Sources:** egg yolk, dairy products, fortified foods e.g. breakfast cereal
- ! **Get 5-15 minutes of sun exposure for 2-3 times a week** during summer to keep your vitamin D level high.

Calcium

- ☼ **Sources:** firm tofu, sesame seeds, leafy greens and fortified plant milk.
- ! **Maintain an appropriate vitamin D level** to help calcium absorption.

ZINC

- ☼ **Sources:** legumes, tofu, whole grains, brown rice and wheat germs.
- ! **Consume separately from tea or coffee** to not inhibit absorption by tannin.

OMEGA-3 FATTY ACIDS

- ☼ **Sources:** vegetable oils, walnuts and flaxseeds.
- ! May **consider DHA supplementation** during pregnancy or lactation.^{1#}

Expert Recommendations? ???

What is equivalent to one serving of vegetables?
Scan to find out!



The Academy of Nutrition and Dietetics (USA) and The National Health Service (UK) recognizes a well-balanced and nutritional adequate vegetarian or vegan diet as appropriate for all life stages including children, pregnant women and lactating mothers.^{4,5}

NHS advice on daily supplementation for specific age groups^{4#}

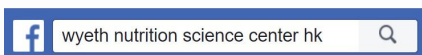
Breastfed babies from birth to 1 years old	Vitamin D at 8.5-10 mcg;
Children from 6 months to 5 years old	Vitamin drops and vitamin B12 supplements
Pregnant women	Vitamin D at 10 mcg (especially during winter)
Lactating mothers	Vitamin D at 10 mcg (especially during winter) Vitamin B12 supplements for vegans.

#An individual should consult healthcare professionals before he/she initiates a vegetarian diet and/or any dietary supplements.

References: 1. Hong Kong Department of Health. Plan wisely for vegetarian diet. Available at: https://www.fhs.gov.hk/english/health_info/woman/30123.html. Accessed on 22Sep2020. 2. Hong Kong Department of Health. Guidelines for vegetarian diet. Available at: <https://www.chp.gov.hk/en/static/90050.html>. Accessed on 22Sep2020. 3. Hong Kong Department of Health. Vegetarian diet and nutrition. Available at: https://www.studenthealth.gov.hk/english/health/health_dn/health_dn_vdn.html. Accessed on 23Sep2020. 4. National Health Service (NHS). Vegetarian and vegan diets Q&A. Available at: <https://www.nhs.uk/live-well/eat-well/vegetarian-and-vegan-diets-q-and-a/>. Accessed on 30Sep2020. 5. Melina V et al. J Acad Nutr Diet. 2016;116:1970-1980.

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