

# Vitamins & Minerals

## INCLUDING CALCIUM, IRON, AND B12

Eating a plant-based diet is one of the most nutritional decisions you can make for your health. With a plant-rich diet, you get an abundance of essential vitamins and minerals that are required to keep yourself in tip-top shape. Studies have clearly demonstrated the positive benefits of plant-based diets on everything from maintaining weight to helping control chronic sickness. Moreover, plant foods can be both economical and easy to prepare; incorporating plant proteins into your meals, such as legumes and nuts, is an excellent way to supplement your overall nutrition - which will ultimately lead to improved physical and mental well-being for years to come.

Even if most people know that eating fruits, vegetables, nuts, grains, and seeds can provide great vitamins and minerals, some are concerned when it comes to calcium, iron, and vitamin B12. Let's expand on this subject.

### CALCIUM

Calcium is a mineral that is necessary for life. In addition to building bones and keeping them healthy, calcium enables our blood to clot, our muscles to contract, and our heart to beat. About 99% of the calcium in our bodies is in our bones and teeth.

Plant-based foods are a great source of calcium for all. From almonds to kale, to bok choy, there are numerous delicious and nutritious options from which to choose. Check out my downloadable sheet about calcium to see a list of plant-based food rich in calcium. By incorporating them into your meals, you can enjoy the many benefits calcium provides for your body as part of a balanced and varied diet.

Advice: Be sure to get enough vitamin D because it helps your body absorb calcium. So if you can, enjoy the sunshine with moderation.

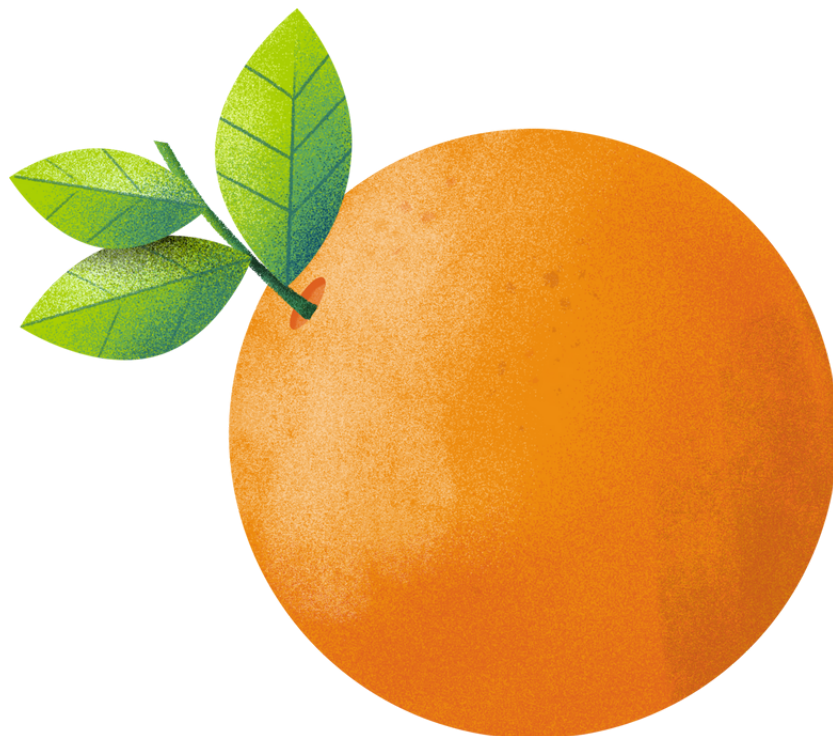
## How much of it do we need?

- Babies younger than 6 months old: 200 mg per day
- Babies 7 to 11 months old: 260 mg per day
- Kids 1 to 3 years old: 700 mg per day
- Kids 4 to 8 years old: 1,000 mg per day
- Kids and teens 9 to 18 years old: 1,300 mg per day
- Men and women 19 to 50 years old: 1,000 mg per day
- Women over 50: 1,200 mg per day
- Men over 50: 1,000 mg per day
- Men over 70: 1,200 mg per day



## The Best sources of Calcium

- Collard greens cooked: 270 mg / 1 cup
- Turnip greens, steamed or boiled: 200 mg / 1 cup
- Mustard greens, steamed or boiled: 160 mg / 1 cup
- Bok choy, steamed or boiled: 150 mg / 1 cup
- Tempeh: 120 mg / 4 ounces
- Tahini: 120 mg / 2 tablespoons
- Dried figs: 120 mg / 1/2 cup
- Extra firm tofu: 100 mg – 150 mg / 3 ounces
- Oats, instant: 100 mg / 1 serving
- Kale steamed or boiled: 100 mg / 1 cup
- Shelled edamame, steamed: 100 mg / 1 cup
- Silken tofu: 80 mg / 3 ounces
- Blackstrap molasses: 80 mg / 1 tablespoon
- Almond butter: 80 mg / 2 tablespoons
- Almonds: 80 mg / 1 ounce
- Orange: 70 mg / 1 cup sections
- White pea beans cooked: 65 mg / 1/2 cup
- Broccoli, steamed or boiled: 60 mg / 1 cup
- Pinto beans, cooked: 50 mg / 1/2 cup...



## IRON

### Why do we need it?

Iron is a mineral. The major reason we need it is that it helps to transport oxygen throughout the body. If we are not getting sufficient oxygen in the body, we are going to become fatigued. That exhaustion can affect everything from our brain function to our immune system's ability to fight off infections. Iron is also necessary to maintain healthy cells, skin, hair, and nails.

Research shows that some plant-based foods, such as potatoes, kale, and soya beans can provide the same amount of iron found in an equivalent serving of red meat.

Good to know: 100 grams of spinach contains 1.1 times more iron than the same amount of red meat and 2.2 times more than 100 grams of salmon.

This is also 3 times more than 100 grams of boiled eggs and 3.6 times more than the same amount of chicken.

Advice: To better absorb iron, eating vitamin C-rich foods may increase the absorption of iron by up to 300%. Avoiding coffee and tea can reduce iron absorption by 50-90%. Consuming lysine-rich foods like legumes and quinoa may increase iron absorption as well.



## How much of it do we need?

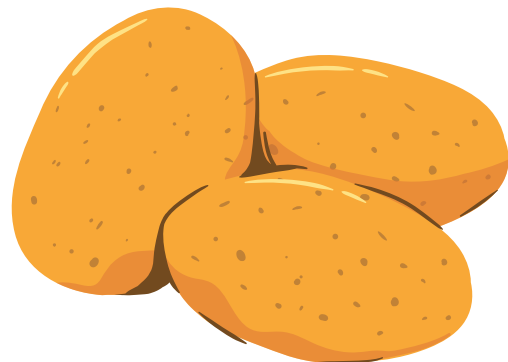
- Babies younger than 6 months old: 0.27 mg per day
- Babies 7 to 12 months old: 11 mg per day
- Kids 1 to 3 years old: 7 mg per day
- Kids 4 to 8 years old: 10 mg per day
- Kids and teens 9 to 13 years old: 8 mg per day
- Male teens 14 to 18 years old: 11 mg per day
- Female teens 14 to 18 years old: 15 mg per day
- Pregnant women 19 to 50 years old: 27 mg per day
- Breastfeeding women 19 to 50 years old: 9 mg per day
- Women and men over 51 years old: 8 mg per day



## The Best sources of Iron



- Soybeans: 8.8 mg / 1 cup
- Tofu and tempeh: 3–3.6 mg / 6 ounces
- Lentils: 6.6 mg / 1 cup
- White, lima, red kidney and navy beans: 4.4–6.6 mg / 1 cup
- Chickpeas and black-eyed peas: 4.6–5.2 mg / 1 cup
- Pumpkin, sesame, hemp, and flaxseeds: 1.2–4.2 mg / 2 tablespoons
- Tahini (a paste made from sesame seeds): 2.6 mg / ½ cup
- Hummus: 3 mg / ½ cup
- Almonds, cashews, pine nuts, and macadamia nuts: 1–1.6 mg / ounce
- Leafy greens, such as spinach, kale, swiss chard, collard, and beet greens: 2.5–6.4 mg / 1 cup
- Broccoli, cabbage and Brussels sprouts: 1 - 1.8 mg / 1 cup
- Tomato paste: 3.9 mg / ½ cup
- Sun-dried tomatoes: 1.3–2.5 mg / ½ cup
- Potatoes: 3.2 mg / one large, unpeeled
- Sweet potatoes: 2.1 mg / one large, unpeeled
- Palm hearts: 4.6 mg / 1 cup
- Olives: 3.3 mg / 3.5 ounces
- Mulberries: 2.6 mg / 1 cup
- Amaranth: 5.2 mg / 1 cup
- Spelt: 3.2 mg / 1 cup
- Oats: 3.4 mg / 1 cup
- Quinoa: 2.8 mg / 1 cup
- Coconut milk: 3.8 mg / ½ cup
- Blackstrap molasses: 1.8 mg / 2 tablespoons
- Thyme: 1.2 mg / dried teaspoon...



## VITAMIN B 12

Vitamin B12, commonly known as cobalamin, is one of the eight vitamins found in the vitamin B complex. This essential vitamin plays an important role in the human body, helping to regulate red blood cell production, support neurological function, and provide energy. It is also necessary for DNA synthesis and normal nerve cells. Vitamin B12 deficiencies can lead to a range of symptoms such as anemia, fatigue, tingling neuropathy, constipation, and balance problems. To ensure sufficient vitamin B12 intake for optimal health, it is recommended that adults get 2.4 micrograms (mcg) of B12 vitamin daily.

Vitamin B12 is a very misunderstood vitamin. And it is actually not a vitamin, but a bacteria. It is an airborne bacteria found in rainwater, in organic root vegetables, and on organic fruit and vegetables.

When B12 levels are low, it may be a dietary deficiency, but more often it is a compromise in digestion that causes low B12.

When B12 levels are very low, a supplement may be required initially, and later on, B12 levels can be maintained by improving your digestion.

You can download my sheet on how to improve your digestion [here](#).

To obtain sufficient amounts of vitamins and minerals in your body and to maintain health, eat a whole food plant-based diet and adopt good digestion habits for good absorption.

A blood work by your doctor might be necessary to make sure that you have no deficiency. If you do have one or several deficiencies, you might need to take supplements. Be aware that some supplements aren't really potent. But fortunately, there is a good choice of good quality, potent and plant-based supplements on the market that you can choose from.

In the long term, the goal isn't to keep taking supplements all your life but rather to get all you need from food, so maintain your good vitamins and minerals levels with good plant-based foods and good digestion habits.

