



















GUIDE FOR PLANT-BASED ENERGY

VITAMINS

MINERALS

TRACE ELEMENTS

<p>A (beta-carotene) Antioxidant. Important for the skin, eyes, bones, teeth, and the immune system.</p> <p>Carrots, sweet potato, winter squash, spinach, kale, collard greens, dandelions, beet leaves, algae, mango, apricots, cantaloupe</p> 	<p>B (group) Converts food into energy. Important for the skin, eyes, muscle, heart, red blood cells, the nervous system, growth, and mood.</p> <p>Whole grains (brown rice, millet, whole grain pasta), wheat germ, nutritional yeast, potato with peel, banana, mushroom, legumes, nuts and seeds, leafy greens</p>	<p>D Important for the bones, teeth, the immune system, and skin.</p> <p>Sun Shitake mushroom Enriched beverage (soy, rice...)</p> 	<p>K Essential for coagulation and bone health.</p> <p>Green vegetables, leafy greens (kale, spinach...), cabbage family (Brussels, broccoli...), asparagus</p> 	<p>CALCIUM Important for bones, teeth, muscle, coagulation, and transmission of impulses in the nervous system.</p>  <p>Unshelled sesame seeds, tofu and tempeh, soy beverage (enriched) bok choy, kale, collard greens, algae, white beans, green molasses</p>	<p>MAGNESIUM Important for bones, muscle, the heart, the nervous and immune system.</p>  <p>Legumes, vegetables (spinach, chard, artichokes...), whole grains nuts and seeds, cocoa</p>	<p>IRON Important for the transport of oxygen, formation of red blood cells and for good brain function</p> <p>Legumes, tofu seeds (pumpkin, sesame), green vegetables (snow peas, asparagus, chard), green molasses, quinoa</p> 	<p>SELENIUM Antioxidant. Important for the immune system, the heart, the thyroid gland.</p> <p>Brazilian nuts whole grains</p>  <p>IODINE Essential in thyroid function and basal metabolism. Algae, iodized salt</p> 
<p>C Important for the immune system, gums and wound healing, malabsorption of iron. Antioxidant.</p> <p>Bell pepper, cabbage family (broccoli, Brussels, bok choy...) snow peas, parsley, tomato, citrus fruit, kiwi, strawberries</p> 	<p>B12 Important for the nervous system and red blood cells. Converts food into energy.</p> <p>Enriched products: nutritional yeast soy or rice beverage meat substitute</p> 	<p>Folate (folic acid) Important for growth, the nervous and immune system, wound healing, and formation of red blood cells. Prevents spina-bifida.</p> <p>Leafy greens (spinach...), cabbage family (Brussels, broccoli...), asparagus, green beans, legumes</p> 	<p>E Antioxidant. Protects cellular membranes of the whole body. Important for cardiovascular health.</p> <p>Nuts (almonds, hazelnuts), seeds (sunflower...) wheat germ, avocado, spinach</p> 	<p>Potassium Balances arterial pressure and the body's pH. Important for muscle, the heart, digestion, and the nervous system.</p> <p>Vegetables (squash, tomatoes, green beans), legumes, potato with peel, fruits (banana, avocado)</p> 	<p>ANTIOXIDANTS Protects us from multiple diseases (cancers, cardiac diseases...)</p>  <p>Berries (acai, goji berries, blueberries, blackberries) dry beans (red, pinto, black) artichoke, garlic, leek, apples, pecans, cherries, prunes, Cabbages (broccoli, red cabbage, kale), greens (arugula, red leaf, lettuce), sweet potato, beets, spices (turmeric, cinnamon, cloves), herbs (oregano, basil), cocoa, green tea</p>	<p>ZINC Important for growth, wound healing, reproduction, the immune and nervous system, taste, breathing, production of proteins and blood</p> <p>Legumes, tofu, wheat germ, nuts (pine, almonds), seeds (pumpkin, sesame)</p>	<p>CHROMIUM Helps regulate blood sugar and cholesterol.</p> <p>Brazil nuts, vegetables (watercress, broccoli, asparagus, green beans, mushrooms...), fruits (prunes, apples), whole grains, potato with peel, cocoa</p>
<p>FATS Energy reserve, to form cellular membranes.</p> <p>Avocado, nuts, seeds, olives, oils seeds (flaxseed, hemp, chia), walnuts, canola oil</p> 		<p>CARBOHYDRATES Our main energy fuel</p> <p>Complex sugars: legumes, whole grain cereals simple sugars: fruits vegetables</p> 		<p>PROTEIN Growth and body tissue repair, muscles, formation of hormones and enzymes.</p> <p>Legumes and sprouts soy products (tofu) whole grains (cereals) nuts and seeds, vegetables</p> 		<p>COPPER Important for the formation of red blood cells and hormones, combats against free radicals. Nuts (Brazil, pecan...), seeds, sweet potato, banana, grape, prunes</p> <p>FIBRE Important for the intestines, appetite control. Regulates blood sugar and cholesterol.</p> <p>Legumes vegetables and fruits whole grains nuts and seeds</p> 	

Translated from VegeMontreal