

Maruthi Pediatrics

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Nutrient Sources for Vegetarians

CALCIUM	mg per serving	IRON	mg per serving	VITAMIN D	mcg per serving
Legumes (1/2 cup cooked)		Breads, cereals, and grains		Fish, 3 ounces 3-20	
Vegetarian baked beans	43	Cereal, fortified, 1 cup	2.1-18	Cow's milk, fortified, 1 cup	3.2
Navy beans	63	Whole wheat bread, 1 slice	0.8	Soy, rice, and almond milk, fortified, 1 cup	1-3
Black beans	46	Oatmeal, instant, 1/2 cup	1.7	Egg, 1 large	1.1
Peas	22	Brewer's yeast, 1 ounce	1.0	Cereals, fortified, 1 cup	0.5-2.6
Lentils	19	Vegetables (1/2 cup)		Cheese, 1 ounce	0.2-2
Soy foods		Potato baked with skin, 1 medium	1.2	VITAMIN B-2 mg per serving	
Cultured soy yogurt, fortified, 1 cup	300	Broccoli	0.5	Almonds, 1/4 cup	0.4
Tofu, 1/2 cup	138-253	Bok Choy	0.3	Cereal, fortified, 1 cup	0.2-1.7
Soy, rice, or almond milk, calcium fortified, 1 cup	100-300	Turnip greens	0.6	Cow's milk, 1 cup	0.4
Soy nuts, 1/2 cup	64	Tomato juice	0.5	Yogurt, 1 cup	0.3
Nuts and seeds		Spinach	0.4	Egg, 1 large	0.3
Almonds, 1/4 cup	73	Fruits (1/2 cup)		Mushrooms, cooked, 1/2 cup	0.2
Almond butter, 2 tbsp	111	Prune juice	1.5	Whole wheat bread, 1 slice	0.1
Vegetables (1 cup cooked)		Raisins	1.6	Asparagus, 1/2 cup	0.1
Collard greens	268	Dried apricots	1.7	Banana, 1 medium	0.1
Turnip greens	197	Prunes	0.8	Sweet potato, 1 medium	0.1
Bok Choy (1 cup raw)	74	Legumes (1/2 cup cooked)		Wheat germ, 1/4 cup	0.1
Broccoli	62	Navy beans	2.2	Soy, rice, or almond milk, fortified, 1 cup	0.5
Fruits		Black beans	3.6	VITAMIN B-6 mg per serving	
Calcium-fortified orange juice, 1 cup	300-350	Baked beans, vegetarian	1.5	Wheat germ, 1/4 cup	0.4
Dried figs, 5	68	Soy foods (1/2 cup)		Avocado, 1 cup	0.4
Dairy		Tofu	1.4-2.0	Mackerel, 3 ounces	0.4
Yogurt, 1 cup	200-350	Soybeans, cooked	2.3	Banana, 1 medium	0.4
Cow's milk, 1 cup	300	Soy milk, 1 cup	1.0 - 1.6	Wheat bran, 1/2 cup	0.4
Cheddar cheese, 1 ounce	200	Nuts/seeds (1/4 cup)		Brown rice	0.3
Other foods		Pumpkin seeds	2.8	Blackstrap molasses, 2 tbsp	0.3
Blackstrap molasses, 2 tbsp	82	Sunflower seeds	1.8	Sardines, 1 can	0.2
ZINC mg per serving		Cashews	3.4	Oat bran, 1 cup	0.2
Breads, grains, and cereals		Other foods		Cabbage, 1/2 cup	0.1
Cereal, fortified 1 cup	0.7-15	Blackstrap molasses, 2 tbsp	2.0	VITAMIN B-12 mcg per serving	
Wheat germ, 1/4 cup	3.5	PROTEIN grams per serving		Brewer's yeast, 1 ounce	.3
Legumes (1/2 cup cooked)		Soybeans, 1 cup cooked	22.2	Soy milk, fortified, 1 cup	2.0
Adzuki beans	2.0	Lentils, 1 cup cooked	17.8	Egg, 1 large	0.6
Baked beans, canned	2.9	Black, white, kidney, navy, and pinto beans, 1 cup cooked	15	Cow's milk, 1 cup	1.2
Lentils	1.2	Yogurt, 8 ounces	8-3	OMEGA-3 FATTY ACIDS grams per serving	
Lima beans	0.9	Greek yogurt, 8 ounces	10-17	Walnuts, 1/4 cup	2.7
Soy foods (1/2 cup cooked)		Cow's milk, skim 8 ounces	8	Flaxseed oil, 1 Tbsp	7.2
Soybeans	0.8	Cheddar cheese, 1 ounce	7	Flaxseed, 1 tbsp	2.1
Tofu	1.0	Peanuts, 1 ounce	7.3	Walnut oil, 1 tbsp	1.4
Vegetables (1/2 cup cooked)		Egg, 1 large	6	Canola oil, 1 tbsp	1.2
Peas	1.0	IODINE mcg per serving		Soybeans, 1 cup cooked	1.1
Mushrooms	0.7-1.0	Iodized salt, 1/4 teaspoon	71	Soybean oil, 1 tbsp	0.9
		Milk, 1 cup	56		
		Yogurt, 8 ounces	75		
		Egg, 1 large	24		
		Sea vegetables	varies		