

The Vegan Nutrition Chart

These nutrients are the hardest to get on a vegan diet, so it makes sense to pay a bit of extra attention to them

Protein

RDA: 0.8 grams per kg of body weight

	<i>g per 100g</i>
Vital wheat gluten	75.2
Seaweed (dried)	57.4
Hemp seeds	31.6
Peanuts	25.8
Almonds	21.1
Pistachio nuts	20.2
Tempeh	18.5
Pumpkin seeds	18.5
Flaxseed	18.3
Sesame seeds	17.7
Oats	16.9
Chia seeds	16.5
Cashews	15.3
Walnuts	15.2
Hazelnuts	14.9
Brazil nuts	14.3
Pine nuts	13.7
Soybeans	12.4
Buckwheat groats	11.7
Rye grain	10.3
Wheat flour	9.6
Lentils	9.0
Black beans	8.9
Chickpeas	8.9
Kidney beans	8.7
Tofu (firm)	8.2
Navy beans	8.2
Fava beans	7.6
Adzuki beans	7.5
Mung beans	7

Calcium

RDA: 800 to 1,000 mg for both men and women

	<i>mg per 100g</i>
Sesame seeds	975
Chia seeds	630
Almonds	269
Flaxseed	257
Kale	255
Collard greens	232
Turnip greens	189
Garlic	167
Arugula	160
Brazil nut	159
Soybeans	145
Vital wheat gluten	142
Cowpeas	128
Watercress	120
Mustard greens	114
Seaweed (dried)	114
Hazelnut	114
Rapini	108
Bok choy	106
Pistachio nuts	106
Spinach	99
Walnut	97
Peanuts	92
Olive	88
Macadamia nut	85
Okra	82
Sunflower seeds	79
Water spinach	77
Pecans	71
Hemp seeds	70

Iron

RDA: 8mg for men, 18mg for women

	<i>mg per 100g</i>
Seaweed (dried)	28.6
Sesame seeds	14.6
Hemp seeds	7.9
Chia seeds	7.7
Olive	6.3
Cashew	6.0
Flaxseed	5.7
Pine nuts	5.5
Sunflower seeds	0.0
Vital wheat gluten	5.2
Oats	4.7
Hazelnut	4.7
Peanuts	4.6
Pistachio nuts	3.9
Wheat flour (whole-grain)	3.7
Almonds	3.7
Macadamia nut	3.7
Lentils	3.3
Pumpkin seeds	3.3
Kidney beans	2.9
Walnut	2.9
Chickpeas	2.9
Spinach	2.7
Rye grain	2.6
Pecans	2.5
Soybeans	2.5
Buckwheat groats	2.5
Lima beans	2.5
Brazil nut	2.4
Coconut meat	2.4

Zinc

RDA: 11mg for men, 9mg for women

	<i>mg per 100g</i>
Cashew	5.6
Chia seeds	4.6
Brazil nut	4.1
Almonds	3.1
Buckwheat groats	2.4
Adzuki beans	1.8
Chickpeas	1.5
Black beans	1.1
Coconut meat	1.1
Amaranth	0.9
Barley	0.8
Avocado	0.7
Asparagus	0.6
Chestnut	0.6
Blackberry	0.5
Artichoke	0.5
Bamboo shoot	0.5
Arugula	0.5
Broccoli	0.4
Beets	0.4
Cassava	0.3
Chicory root	0.3
Brussels sprouts	0.3
Cauliflower	0.3
Carrot	0.2
Apricot	0.2
Bok choy	0.2
Cabbage	0.2
Cantaloupe	0.2
Banana	0.1

Omega 3 Fats

RDA: 1.6mg for men, 1.1mg for women

	<i>mg per 100g</i>
Flaxseed	22.81
Chia Seeds	17.55
Canola Oil	9.14
Walnut	9.08
Butternut	8.72
Hemp seeds	8.33
Soybean Oil	6.79
Pecans	0.99
Spirulina (dried)	0.82
Edamame	0.36
Macadamia Nuts	0.206
Tofu	0.181
Navy beans	0.177
Kidney Beans	0.17
Spinach	0.14
Black Beans	0.105



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