

## Covering Your Nutritional Bases If You Don't Eat Meat

Interest in meatless diets—either vegetarianism or veganism, in which all animal products are eliminated—has surged. For example, the food-ordering company Grubhub reported a 19% increase in vegan orders last year.

Much research supports plant-based eating. However the Mayo Clinic reports that people following either diet need to ensure they get enough of the following nutrients, which are generally found in animal-based foods:

### Calcium/Vitamin D >>

They work together to maintain strong bones. Calcium is found in dark green leafy vegetables along with soy foods; vitamin D needs are best fulfilled via supplements, especially if sun exposure is limited.

### Iodine >>

Vital for the production of thyroid hormones, which regulate metabolism. A quarter-teaspoon of iodized salt a day can help.

### Iron >>

Needed for the production of hemoglobin, which allows red blood cells to carry oxygen. Found in dried beans, lentils and peas, as well as green leafy vegetables and dried fruit; consume with vitamin C for best absorption.

### Omega-3 Fats >>

Support heart, eye and brain health. Found in flax seeds, soybeans and walnuts; supplements can supply the kinds of omega-3s most usable within the body.

### Vitamin B12 >>

Needed to create red blood cells. Found in vitamin-enriched cereals, fortified soy products and vitamin supplements.

### Zinc >>

Plays a key role in protein formation and male reproductive health. Cheese is a good source for those who consume dairy; vegan options include beans, nuts, wheat germ and whole grains.



### Resource:

## Finding Nontoxic Products

Clean houses, comfortable bedding and colorful baby toys are all hallmarks of modern life. However, this convenience comes with a cost: The hazards associated with many of the chemicals found in these items. Household toxins have been linked to health problems such as asthma, headaches and fatigue.

To help consumers make informed choices, the nonprofit organization Made Safe claims to provide



“America’s first comprehensive human health-focused certification for nontoxic products across store aisles.” The group screens ingredients against its ingredient database, awarding a Made Safe seal for qualifying products. And its website offers searchable lists of approved manufacturers in several categories, including baby & child, bedding, cosmetics and household care items. [madesafe.org](http://madesafe.org)