

	Plant sources
Iron*	<ul style="list-style-type: none"> • Fortified breakfast cereals • Wholegrains • Peas, beans and lentils • Dried fruit • Nuts • Green leafy vegetables <p><i>The form of iron in plant foods is absorbed less efficiently compared to iron from meat. Eat plenty of fruits and vegetables rich in vitamin C to help the iron to be absorbed e.g. citrus fruits, strawberries, green leafy vegetables and peppers.</i></p>
Vitamin B12**	<p>Foods fortified with Vitamin B12 (check labels):-</p> <ul style="list-style-type: none"> • Breakfast cereals • Plant-based alternatives to dairy • Yeast extract
Protein***	<ul style="list-style-type: none"> • Beans, peas and lentils • Nuts and nut butters • Quorn™ (mycoprotein) • Soya/ vegetarian mince/ chunks • Tofu • Soya beans – fresh, frozen and roasted (soya nuts) • Quinoa • Seeds
Zinc	<ul style="list-style-type: none"> • Quorn™ • Fermented soya such as tempeh and miso • Beans (soak dried beans then rinse before cooking to increase zinc absorption) • Wholegrains • Nuts and seeds • Some breakfast cereals (check labels)

*Reducing red meat to no more than 70g per person per day, will not compromise current iron statusⁱ

** Those consuming eggs, poultry and dairy will have adequate Vitamin B12 intakes

*** Cereal products also contain protein, but in low amounts. However, due to the quantities they are consumed in they contribute significantly to protein intakesⁱⁱ. Cereals and cereal products contribute to 23% of total protein intakes whilst meat contributes to 37% and milk and dairy 13%.

ⁱ SACN. Iron and Health Report - GOV.UK [Internet]. 2011. Available from: <https://www.gov.uk/government/publications/sacn-iron-and-health-report>

ⁱⁱ PHE. Results of the National Diet and Nutrition Survey (NDNS) rolling programme for 2014 to 2015 and 2015 to 2016 [Internet]. Available from: <https://www.gov.uk/government/statistics/ndns-results-from-years-7-and-8-combined>