
Calcium, Iron, Iodine and B12 Sources

This table goes by food group rather than milligrams, because amounts vary with variety, cooking and product. Where there's a label, the label is the most accurate source.

Nutrient	Good sources	Weaker than people think	Tip
Calcium	Calcium-set tofu; bok choy, kale, broccoli; calcium-fortified plant milk; milk and yogurt if you eat them; tahini	Spinach (high in calcium but very little is absorbed); tofu not set with calcium	Read the labels on tofu and plant milk (Chapter 7)
Iron	Lentils, chickpeas, black beans, tofu, tempeh; pumpkin seeds, sesame; iron-fortified cereals; dark leafy greens	Plant-based meats (only some are fortified); refined grains	Add vitamin C; keep tea and coffee away from meals; soak, sprout, ferment (Chapter 6)

Nutrient	Good sources	Weaker than people think	Tip
Iodine	Iodised salt; iodine-fortified plant milk; cow’s milk in many places	Sea salt, pink salt; unfortified plant milk	Seaweed has some but unpredictably; avoid kelp and high-dose kelp tablets (Chapter 8)
B12	Supplements; foods labelled as fortified with B12 (plant milks, cereals, nutritional yeast); eggs and dairy if eaten every day	Spirulina, seaweed, fermented foods, mushrooms	There is no reliable natural plant source (Chapter 4)