Nutrients of note

FOR ALL DIETARY TYPES

These nutrients can be challenging to obtain in today's food environment, *regardless of diet type*. **All diets**—whole food plant-based or otherwise—need to be varied and well planned to meet nutritional needs

Nutrient	Key points	Recommendations
B12	Essential for nerve function, red blood cells and DNA. **Not reliably present** in modern food systems. Required regardless of diet.	**Supplement essential:** 100–250 mcg daily or 2500 mcg weekly (cyanocobalamin). Monitor levels regularly.
Calcium	Needs vary widely; fracture risk not reduced above ~500 mg/day. Absorption improves at lower intakes and with low sodium diets.	Regular intake of **dark leafy greens.** Use calcium-fortified plant milks or tofu if intake is low.
Iodine	Soil levels low in Australia & NZ. **Intake often inadequate**, especially on low-salt WFPB diets.	Use **iodised salt** or bread with iodised salt. Consider seaweed cautiously. Supplement 150 mcg/day in pregnancy & breastfeeding.
Iron	Plant iron (non-haem) less bioavailable but safer metabolically. **Intake often adequate** on WFPB diet; stores lower but not harmful.	Emphasise **legumes, whole grains, leafy greens + vitamin C rich foods.** Consider supplements only if needed (e.g. menstruating women).
Omega 3/6	**ALA omega 3 intake can be adequate** on WFPB diet; ALA>EPA/DHA conversion varies. High omega-6 intake may inhibit.	**1 tbsp ground flax or chia daily.** Reduce omega-6 intake. Consider algae-based EPA/DHA in pregnancy, childhood or older age.
Protein	**Adequate** on WFPB diet with sufficient energy intake.	Emphasise **legumes & whole grains** if needs are higher (athletes, elderly).
Selenium	Soil levels vary; **generally adequate** on WFPB diets due to grain diversity.	No routine supplementation needed. Optional: **1 Brazil nut/day** if intake uncertain.
Vitamin D	Primarily obtained from **sunlight**; dietary intake low across all diets.	Safe sun exposure per guidelines. **Supplement if deficient** or sun exposure is limited.

References available here: https://www.doctorsfornutrition.org/clinicians-students/why-wfpb/nutrients-of-note/