

Raw / Plant-Based Nutrition Checklist

Deficiencies can happen on ANY diet. Even though you'll be eating a ton of fresh produce, a raw and plant-based diet is no exception.

The good news is that you can help prevent deficiencies from occurring in the first place. All you have to do is remember the following:

- Variety is key! Consume the colors of the rainbow.
- Rotating is essential! Alternate your greens every 3 day.

The greatest news is that for many of the nutrients needed, a raw and plant-based diet has been shown to easily exceed the recommended daily intake. Yay!

On the next few pages, I walk you through the key nutrients and how to ensure you're getting them from your diet.

Vitamin A - Yellow, orange, red, and green vegetables and fruits. (easily met on a raw and plant-based diet).

Vitamin C - Broccoli, sweet peppers, cantaloupe, citrus fruits, leafy greens, mangoes, papayas, peppers, strawberries, tomatoes, and vegetables in the cabbage family.

Vitamin D - People across the globe, on all sorts of diets, are generally deficient because this vitamin is created in your skin during and after sun exposure. Currently, no reliable prescription exists for a minimum length of sun exposure that would meet the Vitamin D requirements. A moderate amount of sun exposure is beneficial for all. Just be sure to avoid over exposure. If you are older in age, live in a cold climate, or work indoors every day, then you may need to supplement. Vitamin D₃ comes from animal sources (fish, animal hides, or wool). Vitamin D₂ is not of animal origin.

Vitamin E - Avocados, nuts, seeds, olives, sweet peppers (especially orange peppers), quinoa, purslane, and sprouted wheat.

Vitamin K - Asparagus, broccoli, cabbage, kale and other leafy greens, lentils, peas, pumpkin, and nori. Friendly bacteria in the large intestine manufacture this vitamin, contributing to the body's supply. The fiber from veggies and fruit are prebiotics (meaning, food for your friendly bacteria to munch on).

*(Note: The above 5 vitamins are **fat-soluble vitamins**, so are best eaten with at least 35g (only a teaspoon) of fat. You can accomplish this easily by adding just a tsp of coconut oil, chia seeds, or hemp seeds to your smoothie, or a quality cold-pressed oil or avocado to your salad.*

B Vitamins - There are 9 of these and they can be sourced from a range of seeds, nuts, veggies, fruits, and sprouted lentils. B vitamins can be well provided for on a raw diet, provided a variety of foods are eaten. Nutritional yeast (though not raw) can be an excellent source of B vitamins.

- ❑ **Vitamin B12** - Vegetarians and vegans may experience deficiency in this after a few years of eliminating animal products from their diet (or if they are omnivores with digestive disorders). Speak with your medical provider and get yourself tested. Vegan for more than 3 years? It is recommended to supplement with B12. Don't mess with B12 deficiency. It can cause severe neurological disorders like depression, anxiety, MS, Alzheimer's, and more.
- ❑ **Calcium** - Abundant sources are almonds, sesame seeds/tahini, fresh and dried fruits (particularly oranges and figs), seeds, fresh sprouts, and a wide assortment of vegetables, such as bok choy, broccoli, dandelion greens, kale, mustard greens, napa cabbage, turnip greens, and watercress. Supplement forms of calcium are not recommended. Most sources suggest that getting your calcium from food is much better.
- ❑ **Chromium** - Great sources are nuts, seeds, fruits, vegetables, and sea vegetables. Data showing specific quantities of chromium in foods is limited and unreliable.
- ❑ **Copper** - Excellent sources are Brazil nuts, pecans, other nuts, seeds, sweet potatoes, bananas, raisins, and prunes.
- ❑ **Iodine** - On all sorts of diets many people are deficient and this can be at the root of thyroid disorders. If you find—after going optimally raw for a period—that you are still not losing weight, that you are stubbornly constipated, or have persistent headaches, then you might consider getting yourself tested at a reputable lab. Some sources of Iodine are: iodized salt, sea vegetables, and sea vegetable powders (e.g. roughly ¼ tsp kelp powder every 3-4 days).
- ❑ **Iron** - Eat generous amounts of the following foods to avoid becoming deficient in iron: leafy green vegetables, other vegetables, nuts, seeds, sprouted or cooked lentils, fermented cucumber, oats, red cabbage, fresh and dried fruit, and sea vegetables. Increase the absorption of iron by combining these foods with rich vitamin C foods.
- ❑ **Magnesium** - Easily met on a raw diet rich in leafy greens, vegetables, nuts, seeds, fruits, and cacao. Wheatgrass and barley grass juice are also great sources.
- ❑ **Manganese** - Easily met with a wide variety of raw and plant-based sources. Deficiency is unlikely.
- ❑ **Phosphorus** - Great sources are soaked nuts and seeds and sprouted or cooked lentils.
- ❑ **Selenium** - Soil levels vary (like with iodine), but good sources are Brazil nuts (2-3 daily), asparagus, cherimoya, and most seeds.
- ❑ **Sodium** - Deficiency is rare. Excess is more common. Quality raw sources are sun-dried tomatoes and celery. Himalayan salt and sea salt are also good sources when used respectfully.
- ❑ **Zinc** - Deficiency can occur. Foods containing zinc are berries, durian, sprouted lentils, and soaked nuts and seeds. Nutritional yeast is also a good source.

❑ **Essential Fatty Acids (EFAs)** - It's important to maintain the right ratio of Omega 6s to 3's (between 1:1 and 4:1). Good sources of omega 3 are chia, flax, and hemp seeds, as well walnuts and leafy greens. Good sources of omega 6 are all other nuts and seeds, and avocado.

❑ **Macro-nutrients - Protein, Carbohydrates, & Fat** – Low starch vegetables and fruit (and some starches like sweet potatoes for those in transition) can be consumed as your primary source of calories (between 70-80% of calories). Our protein needs, (0.83g per kilo of body weight according to the World Health Organization WHO) can be met on this lifestyle at between 45g and 60g of protein, simply by eating veggies and fruit and limited nuts and seeds. Fat intake can vary between 10 and 30% but should not exceed 30%. A very low-fat raw diet, below 10%, can be great for healing, but may not be recommended long term due to the fat-soluble nature of many vitamins.

Disclaimer: The information expressed here is not intended to be used as medical advice, nor should it be used to diagnose or treat any medical condition or as a substitute for individual health care. The information is presented with the understanding that the author is not liable for misconception, misuse, or adverse effects resulting from its use. Any type of dietary change should always be undertaken with the supervision of a qualified health care practitioner.

Special note: This is a general list meant for people in good health. Always check in with your health care professional to monitor how you are doing on your raw and plant-based diet.

Don't pay too much attention to the nutritional values in online nutritional diaries, such as Chronometer, apart from your macro-nutrient ratios. There can be gross inaccuracies in the vitamin/mineral contents indicated for certain foods simply because there is such a wide variance in the quality of produce.

I, personally, choose to supplement with Organic Barley Green Juice Powder, as insurance that I will be getting enough of these nutrients. The brand I really love is PURIUM—the grass is grown in completely organic and mineral rich soils, it is low-temperature dried, and is very nutritious! I also love and consume PURIUM Organic Spirulina Powder and Cracked Cell Chlorella Powder; I take them daily.

If you are at the start of your raw/plant-based journey, please do not wait until signs of deficiency appear.

Educate yourself about what to include in your diet so that you can prevent any issues in the first place!

With Gratitude, Love, & Light! ~ Karen A. Di Gloria

Your Raw / Plant-Based Nutrition One Page Checklist

Include some of the following in your diet most days...

- Vitamin A** - Yellow, orange, red, and green vegetables and fruits.
- Vitamin C** - Broccoli, sweet peppers, cantaloupe, citrus fruits, leafy greens, mangoes, papayas, peppers, strawberries, tomatoes and veggies in the cabbage family.
- Vitamin E** - Avocados, nuts, seeds, olives, sweet peppers (especially orange peppers), quinoa, purslane, and sprouted wheat.
- Vitamin K** - Asparagus, broccoli, cabbage, kale and other leafy greens, lentils, peas, pumpkin, and nori. Eat veggie and fruit fiber and your good bacteria will make vitamin K.
- Vitamin D** - Warm sun exposure on (at least) your forearms and face each day, taking care to avoid overexposure. If needed, supplement with D3 or D2 (from vegetarian sources).
- B Vitamins** - A range of seeds, nuts, veggies, and fruits. An excellent source are sprouts - especially leafy green sprouts. Nutritional yeast (though not raw) is also a great source of B vitamins.
- Vitamin B12** - Get tested to know where your B12 is at. Vegan for more than 3 years? Consider a quality B12 supplement. (2000mcg of B12 once a week is the recommended sublingual dose).
- Calcium** - Almonds, sesame seeds/tahini, fresh and dried fruits (particularly oranges and figs), seeds, fresh sprouts, and a wide assortment of vegetables, such as bok choy, broccoli, dandelion greens, kale, mustard greens, napa cabbage, turnip greens, and watercress.
- Chromium** - Nuts, seeds, fruits, vegetables, and sea vegetables.
- Copper** - Brazil nuts, pecans, other nuts and seeds, sweet potatoes, bananas, raisins, and prunes.
- Iodine** - Iodized salt, sea vegetables, and sea vegetable powders (e.g. roughly ¼ tsp kelp powder every 3-4 days).
- Iron** - Leafy green vegetables, other vegetables, nuts, seeds, sprouted or cooked lentils, fermented cucumber, oats, red cabbage, fresh and dried fruit, and sea vegetables. Combine with rich vitamin c foods.
- Magnesium** - Leafy greens, vegetables, nuts, seeds, fruits, lentils, and cacao. Wheatgrass and barley grass juice.
- Manganese** - Found in a wide variety of sources. Deficiency is unlikely.
- Phosphorus** - Soaked nuts and seeds and sprouted or cooked lentils.
- Selenium** - Brazil nuts (2-3 daily), asparagus, cherimoya, and most seeds.
- Sodium** - Sun-dried tomatoes, celery, Himalayan salt, or sea salt.
- Zinc** - Berries, durian, sprouted lentils, soaked nuts, and seeds. Nutritional yeast is also a good source.
- Essential Fatty Acids (EFAs)** - Good sources of omega 3 are chia, flax, and hemp seeds, as well as walnuts and leafy greens. Good sources of omega 6 are all other nuts and seeds, and avocado.
- Macro-nutrients: Protein, Carbs, & Fat** - Low-starch vegetables and fruit can be consumed as a primary source of calories (around 70-80% of calories). Protein = 0.83g per kilo of body weight according to the World Health Organization WHO). Fat = between 10 and 30%, (don't exceed 30%). Very low fat raw diets, below 10%, can be great for healing, but may not be recommended long term due to the fat-soluble nature of many vitamins.