

# Where Do Vegans Get Their Nutrients?

Nutrient, Vitamin or Mineral	Vegan Sources	Non-Vegan Sources
<b>Protein</b> Purpose:		
<b>Calcium</b> Purpose:		
<b>Iron</b> Purpose:		
<b>Vitamin B12</b> Purpose:		
<b>Omega-3 Fatty Acids</b> Purpose:		

