

Vegane Einkaufsliste gegen Mangel an Nährstoffen

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|--------------------------|------------------------------|--|
| <input type="checkbox"/> | Mandeln | Zink, Eisen, Riboflavin, Calcium, Protein |
| <input type="checkbox"/> | Haferflocken | Zink, Selen, Eisen, Riboflavin, Protein |
| <input type="checkbox"/> | Leinsamen | Omega 3, Zink, Eisen, Calcium |
| <input type="checkbox"/> | Sojabohnen | Omega 3, Riboflavin, Protein |
| <input type="checkbox"/> | Walnüsse | Omega 3, Zink, Protein |
| <input type="checkbox"/> | Kürbiskerne | Zink, Eisen, Riboflavin |
| <input type="checkbox"/> | Haselnüsse | Zink, Eisen, Calcium |
| <input type="checkbox"/> | Chiasamen | Omega 3, Calcium |
| <input type="checkbox"/> | Cashewkerne | Riboflavin, Protein |
| <input type="checkbox"/> | Nori (Algen) | Vitamin B12, Jod |
| <input type="checkbox"/> | Brokkoli | Selen, Riboflavin |
| <input type="checkbox"/> | Hanfsamen | Omega 3, Eisen |
| <input type="checkbox"/> | Pistazien | Eisen, Calcium |
| <input type="checkbox"/> | Linsen | Selen, Protein |
| <input type="checkbox"/> | Erbsen | Selen, Protein |
| <input type="checkbox"/> | Kichererbsen | Selen, Protein |
| <input type="checkbox"/> | Sonnenblumenkerne | Zink, Protein |
| <input type="checkbox"/> | Sesam | Zink, Eisen |
| <input type="checkbox"/> | Sauerkraut | Vitamin B12 |
| <input type="checkbox"/> | Soja-Joghurt | Vitamin B12 |
| <input type="checkbox"/> | Clorella (Algen) | Vitamin B12 |
| <input type="checkbox"/> | Champignons | Riboflavin |
| <input type="checkbox"/> | Austernpilze | Riboflavin |
| <input type="checkbox"/> | Vollkornbrot | Riboflavin |
| <input type="checkbox"/> | Avocado | Riboflavin |
| <input type="checkbox"/> | Mikroalgenöl | Omega 3 |
| <input type="checkbox"/> | Rapsöl | Omega 3 |
| <input type="checkbox"/> | Oliven | Omega 3 |
| <input type="checkbox"/> | Mineralwasser | Calcium |
| <input type="checkbox"/> | Sesamsamen | Calcium |
| <input type="checkbox"/> | Brennessel | Calcium |
| <input type="checkbox"/> | Grünkohl | Calcium |
| <input type="checkbox"/> | Rucola | Calcium |
| <input type="checkbox"/> | Erdnüsse | Protein |
| <input type="checkbox"/> | Mungobohnen | Protein |
| <input type="checkbox"/> | Paranüsse | Selen |
| <input type="checkbox"/> | Steinpilze | Selen |
| <input type="checkbox"/> | Weizenpasta | Selen |
| <input type="checkbox"/> | Weißkohl | Selen |
| <input type="checkbox"/> | Knoblauch | Selen |
| <input type="checkbox"/> | Zwiebeln | Selen |
| <input type="checkbox"/> | Aprikosen | Eisen |
| <input type="checkbox"/> | Tofu | Eisen |
| <input type="checkbox"/> | Vollkorngetreide | Zink |
| <input type="checkbox"/> | jodiertes Salz | Jod |
| <input type="checkbox"/> | Meeressalat (Algen) | Jod |
| <input type="checkbox"/> | Dulse (Algen) | Jod |
| <input type="checkbox"/> | Wakame (Algen) | Jod |
| <input type="checkbox"/> | Supplements | Vitamin B12 , Vitamin D , Jod, Selen |