

DIETARY ACCOMMODATIONS AT FSU

VEGAN
VEGETARIAN
AND MORE



Please be advised food prepared in the kitchen may contain or have come into contact with these food allergens, eggs, milk, sesame, fish, shellfish, peanuts, tree nuts, soy, and wheat gluten



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COMMON DEFICIENCIES:

Did you know people who follow vegan and gluten-free diets can be at risk for a few deficiencies? Below are listed a few common deficiencies along with vegan and GF foods containing these nutrients.

Vitamin B12

Fortified cereals and alternative milks, plant-based meats, nutritional yeast

Vitamin D

Orange juice, mushrooms, fortified alternative milks, sun exposure

Calcium

Beans, lentils, seeds, soy foods

Iron

Dark leafy greens, beans, legumes, whole grain cereals

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