

Protein and Mineral Anchor Sheet

Start with tolerated anchors before product experiments.

Protein Anchors

- Firm tofu or tempeh
- Eggs or lactose-free dairy if used
- Plain meat, fish, or poultry if included
- Soy-protein milk
- Smaller app-checked legume portions
- Tolerated nuts, seeds, or quinoa

Mineral Anchors

- Calcium: lactose-free dairy, fortified milk alternatives, calcium-set tofu, or other tolerated sources
- Iron and zinc: repeatable protein foods, legumes if tolerated, nuts, seeds, meats or seafood if included
- Magnesium: tolerated nuts, seeds, legumes, oats, grains, or greens