

Vegan Nutritional Needs Survey

Full Name

Age

Gender

How many years have you been vegan?

Main reason for following a vegan diet

Vitamin B12

Iron

Calcium

Omega-3

Protein

Vitamin D

Which nutrients are you most concerned about? (Select all that apply)

Do you take any supplements?

If yes, which supplements?

Describe the biggest challenge you face in meeting your nutritional needs as a vegan.

Any specific nutritional questions or concerns?