

GOOD NUTRIENT SOURCES

VITAMINS

VITAMIN A (RETINOL)

(Promotes growth of cells, protects against infection, antioxidant, helps with night vision)

liver, tuna, bluefish, mackerel, egg, cheese, milk

BETA-CAROTENE

(Promotes growth of cells, protects against infection, antioxidant, helps with night vision)

Dark leafy greens, carrots, canteloupe, sweet potato, papaya, apricots, hubbard squash

VITAMIN B1 (THIAMIN)

(helps produce energy from carbohydrates for body cells)

pork, organ meats, peas, black-eyed peas, soybeans, tofu, pinto beans, peanuts, sunflower/ sesame seeds, rice bran, wheat germ, millet, barley oatmeal

VITAMIN B2 (RIBOFLAVIN)

(helps produce energy in all cells)

milk, yogurt, cottage cheese, broccoli, brussel sprouts, dark leafy greens, beef, pork, liver,

VITAMIN B3 (NIACIN)

(helps body use sugars and fatty acids, helps produce energy in cells)

Meats, organ meats, eggs, mushrooms, peas, broccoli, cottage cheese, tofu, peanut, peanut butter

VITAMIN B6 (PYRIDOXINE)

(helps body make non-essential amino acids)

banana, avocado, rice bran, brown rice, oatmeal, liver, soybeans, broccoli, sunflower seeds, halibut, pork, animal protein

VITAMIN B12

(works with folic acid to make red blood cells, helps body use fatty acids and amino acids)

animal protein, beef, oysters, clams, crab, tuna, bluefish, cottage cheese, cheese, eggs, milk, yogurt, liver, organ meats, sea vegetables

BIOTIN

(helps produce energy in cells, helps use protein, fat and carbohydrate from food)

almonds, peanuts, walnuts, cooked eggs, mushrooms, legumes, oatbran, liver, cauliflower,

FOLIC ACID

(helps make new body cells, helps vitamin B12 form hemoglobin in red blood cells)

broccoli, brussel sprouts, dark leafy greens, asparagus, sweet potato, legumes, soybeans, orange juice, oranges, wheat germ, liver, eggs

PANTOTHENIC ACID

(helps produce energy in cells, helps use protein fat and carbohydrate from food)

liver, kidney, chicken, duck, egg, turkey, salmon, brussel sprouts, peas, corn, lentils, split peas, broccoli, avocado, milk,

VITAMIN C

(helps make collagen to hold muscles and bones together, helps form and repair red blood cells, help body absorb iron from plant sources, antioxidant)

kiwi, green/red pepper, broccoli, brussel sprouts, papaya, citrus

VITAMIN D

(promotes calcium and phosphorous absorption, deposits these minerals in bone)

milk, herring, salmon, sardines, (sunshine)

VITAMIN E

(works as antioxidant)

wheat germ, walnuts, almonds, sunflower seeds, sunflower oil, walnut oil, sweet potato, soybeans

VITAMIN K

(helps make proteins for blood, bones, kidneys)

broccoli, cauliflower, dark leafy greens, liver, chickpeas, lentils



GOOD NUTRIENT SOURCES

MINERALS

BORON

(maintaining bone density, for alertness and proper brain function)
leafy green vegetables, legumes, nuts, non-citrus fruits, cider, wine, beer

CALCIUM

(builds bone strength, helps heart muscles contract, plays role in normal nerve function)
low-fat milk, yogurt, broccoli, dark leafy greens, legumes, fortified soy milk, fortified orange juice, molasses, almonds, mackerel, sardines, almonds, sesame seeds, tahini, soybean nuts

CHROMIUM

(works with insulin to help body use glucose)
liver, meats, oysters, seafood, whole grains, bran cereals, mushrooms, asparagus, prunes, raisins, potato, black pepper, molasses, nuts, cheese, beer, wine

COBALT

(helps cells take up glucose, helps with B12 functions)
liver, oysters, clams, animal proteins

COPPER

(help make hemoglobin, helps reduce energy in cells)
legumes, tofu, tempeh, soybean nuts, liver, oysters, clams, mussels, crab, lobster, collard greens, potato, sweet potato, sunflower seeds, tahini, cashew butter, chocolate, mushrooms

FLUORIDE

(helps to strengthen bones)
water, mackerel, sardines, liver, animal protein, tea

IODINE

(regulates rate which body uses energy)
iodized salt, saltwater fish, seafood, seaweed, cottage cheese, eggs, milk

IRON (serves as essential part of hemoglobin which carries oxygen to your cells)

liver, beef, lamb, venison, oysters, clams, sardines, fortified grains/cereals, prune juice, dried apricots, soybean nuts, legumes, spinach, potato (w/ skin), peas, molasses, amaranth, quinoa, oatmeal, wheat germ, sunflower seeds, cashews

MAGNESIUM

(important role in body enzymes, helps maintain nerves and muscles, component of bone)
legumes, tofu, soybean nuts, buckwheat, wheat germ, quinoa, amaranth, cornmeal, oatmeal/oat bran, brown rice, millet, cashews, almonds, pumpkin seeds

MANGANESE

(serves as part of many enzymes)
Whole wheat, wheat germ, wheat bran, oats, tea, tofu, tempeh, soybean nuts, blackberries, raspberries, loganberries, pineapple, spinach, sweet potatoes, pecans, chickpeas

MOLYBDENUM

(helps riboflavin and iron make red blood cells)
spinach, wheat germ, lentils, split peas, liver, cauliflower, peas

POTASSIUM

(helps regulate fluids and mineral balance, helps transmit nerve signals, helps muscles contract)
acorn/butternut squash, spinach, legumes, papaya, cantaloupe, banana, raisins, yogurt, flounder, molasses

SELENIUM

(aids cell growth, works with vitamin E to protect cells from damage)
Brazil nuts, herring, smelts, lobster, scallops, barley, oats, whole wheat, wheat germ, milk

PHOSPHORUS

(helps generate energy in body cells, main regulator of energy metabolism in organs, a major component of bones and teeth)
legumes, dairy, whole grains, peas, whole milk, lean ground beef, tofu

ZINC

(helps body use carbohydrate, protein and fat)
oysters, clams, mussels, lobster, crab, liver, beef, pork, turkey, wheat germ, lentils, black-eyed peas, baked beans, tempeh, soybean nuts, peas, sunflower seeds, tahini, cashews, Swiss, gouda, ricotta cheese

VITAMIN D

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milk, herring,
salmon, sardines,
(sunshine)

VITAMIN E

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