

Vitamin and Mineral Content

Food Lists

This is a collection of food lists that are good sources of the following vitamins or minerals:

**Biotin
Boron
Calcium
Choline
Chromium
Copper
Folic Acid
Iodine
Magnesium
Manganese
Phosphorus
Potassium
Vitamin B6
Vitamin B12
Vitamin C
Zinc**

BIOTIN CONTENT OF SELECTED FOODS,
IN MILLIGRAMS PER 3½-OUNCE
(100 GRAM) SERVING

Yeast, brewer's	200
Liver, beef	96
Soy flour	70
Soybeans	61
Rice bran	60
Rice germ	58
Rice polishings	57
Peanut butter	39
Walnuts	37
Peanuts, roasted	34
Barley	31
Pecans	27
Oatmeal	24
Black-eyed peas	21
Split peas	18
Almonds	18
Cauliflower	17
Mushrooms	16

BORON CONTENT OF SELECTED FOODS.
IN MILLIGRAMS PER 3½-OUNCE
(100 GRAM) SERVING

Prunes	2.7
Raisins	2.5
Almonds	2.3
Peanuts	1.8
Hazelnuts	1.6
Banana	.372
Apple, red, with peel, raw	.273
Apple juice	.241
Grape juice	.202
Peaches, canned	.187
Broccoli	.185
Orange juice	.159
Cherries, dark	.147

CALCIUM CONTENT OF SELECTED FOODS, IN MILLIGRAMS PER 3½-OUNCE (100 GRAM) SERVING

Kelp	1,093	Soybeans, cooked	73
Cheddar cheese	750	Pecans	73
Carob flour	352	Wheat germ	72
Dulse	296	Peanuts	69
Collard greens	250	Miso	68
Kale	249	Romaine lettuce	68
Turnip greens	246	Apricots, dried	67
Almonds	234	Rutabaga	66
Yeast, brewer's	210	Raisins	62
Parsley	203	Black current	60
Dandelion greens	187	Dates	59
Brazil nuts	186	Green beans	56
Watercress	151	Artichokes	51
Goat's milk	129	Prunes, dried	51
Tofu	128	Pumpkin seeds	51
Figs, dried	126	Beans, cooked	50
Buttermilk	121	Cabbage	49
Sunflower seeds	120	Soybean sprouts	48
Yogurt	120	Wheat	46
Wheat bran	119	Orange	41
Whole milk	118	Celery	41
Buckwheat, raw	114	Cashews	38
Sesame seeds, hulled	110	Rye grain	38
Olives, ripe	106	Carrot	37
Broccoli	103	Barley	34
Walnuts	99	Sweet potato	32
Cottage cheese	94	Brown rice	32

CHOLINE CONTENT OF SELECTED FOODS PER SERVING, IN MILLIGRAMS

<i>Food</i>	<i>Free Choline</i>	<i>Phosphatidylcholine</i>	<i>Total Choline</i>
Beef liver, 3½ ounces	60.64	3,362.55	532.28
Egg, 1 large	0.22	2,009.80	282.32
Beefsteak, 3½ ounces	0.78	466.12	68.75
Orange, 1 medium	13.24	107.35	27.91
Cauliflower, ½ cup	6.79	107.06	22.15
Potato, 1 medium	5.95	25.97	9.75
Milk, whole, 1 cup	3.81	27.91	9.64
Grape juice, 6 ounces	8.99	2.11	9.37
Iceberg lettuce, 1 ounce	8.53	2.86	9.06
Tomato, 1 medium	5.50	4.94	6.58
Apple, 1 medium	0.39	29.87	4.62
Banana, medium	2.85	3.26	3.52
Whole-wheat bread, 1 slice	2.52	6.57	3.43
Cucumber, ½ cup	1.18	3.06	1.74

CHROMIUM CONTENT OF SELECTED FOODS,
IN MICROGRAMS PER 3½-OUNCE
(100 GRAM) SERVING

Yeast, brewer's	112
Liver, calf's	55
Whole-wheat bread	42
Wheat bran	38
Rye bread	30
Potatoes	24
Wheat germ	23
Green pepper	19
Apple	14
Butter	13
Parsnips	13
Cornmeal	12
Banana	10
Spinach	10
Carrots	9
Navy beans, dry	8
Orange	5
Blueberries	5
Green beans	4
Cabbage	4

COPPER CONTENT OF SELECTED FOODS,
IN MILLIGRAMS PER 3½-OUNCE
(100 GRAM) SERVING

Brazil nuts	2.3
Almonds	1.4
Hazelnuts	1.3
Walnuts	1.3
Pecans	1.3
Split peas, dry	1.2
Buckwheat	0.8
Peanuts	0.8
Sunflower oil	0.5
Butter	0.4
Rye grain	0.4
Barley	0.4
Olive oil	0.3
Carrot	0.3
Coconut	0.3
Garlic	0.3
Millet	0.2
Whole wheat	0.2
Corn oil	0.2
Gingerroot	0.2
Molasses	0.2
Turnips	0.2
Green peas	0.1
Papaya	0.1
Apple	0.1

FOLIC ACID CONTENT OF SELECTED FOODS,
 IN MICROGRAMS PER 3½-OUNCE
 (100 GRAM) SERVING

Yeast, brewer's	2,022
Black-eyed peas	440
Rice germ	430
Soy flour	425
Wheat germ	305
Liver, beef	295
Soy beans	225
Wheat bran	195
Kidney beans	180
Mung beans	145
Lima beans	130
Navy beans	125
Garbanzo beans	125
Asparagus	110
Lentils	105
Walnuts	77
Spinach, fresh	75
Kale	70
Filbert nuts	65
Various greens	60
Peanuts, roasted	56
Peanut butter	56
Broccoli	53
Barley	50
Split peas	50
Whole-wheat cereal	49
Brussels sprouts	49
Almonds	45
Whole wheat flour	38
Oatmeal	33
Cabbage	32
Dried figs	32
Avocado	30
Green beans	28
Corn	28
Coconut, fresh	28
Pecans	27
Mushrooms	25
Dates	25
Blackberries	14
Orange	5

IODINE CONTENT OF SELECTED FOOD
CATEGORIES, IN MICROGRAMS PER 3½-OUNCE
(100 GRAM) SERVING

Salt (iodized)	3,000
Seafood	66
Vegetables	32
Meat	26
Eggs	26
Dairy products	13
Bread and cereals	10
Fruits	4

MAGNESIUM CONTENT OF SELECTED FOODS, IN MILLIGRAMS PER 3½-OUNCE (100 GRAM) SERVING

Kelp	760	Pecan	142
Wheat bran	490	English walnuts	131
Wheat germ	336	Rye	115
Almonds	270	Tofu	111
Cashews	267	Coconut meat, dried	90
Molasses	258	Soybeans, cooked	88
Yeast, brewer's	231	Brown rice	88
Buckwheat	229	Figs, dried	71
Brazil nuts	225	Apricots	62
Dulse	220	Dates	58
Filberts	184	Collard greens	57
Peanuts	175	Shrimp	51
Millet	162	Corn, sweet	48
Wheat grain	160	Avocado	45
Cheddar cheese	45	Beets	25
Parsley	41	Broccoli	24
Prunes, dried	40	Cauliflower	24
Sunflower seeds	38	Carrot	23
Beans, cooked	37	Celery	22
Barley	37	Beef	21
Dandelion greens	36	Asparagus	20
Garlic	36	Chicken	19
Raisins	35	Green pepper	18
Green peas, fresh	35	Winter squash	17
Potato with skin	34	cantaloupe	16
Crab	34	Eggplant	16
Banana	33	Tomato	14
Sweet potato	31	Milk	13
Blackberry	30		

MANGANESE CONTENT OF SELECTED FOODS,
IN MILLIGRAMS PER 3/4-OUNCE
(100 GRAM) SERVING


Pecans	3.5
Brazil nuts	2.8
Almonds	2.5
Barley	1.8
Rye	1.3
Buckwheat	1.3
Split peas, dry	1.3
Whole wheat	1.1
Walnuts	0.8
Spinach, fresh	0.8
Peanuts	0.7
Oats	0.5
Raisins	0.5
Turnip greens	0.5
Rhubarb	0.5
Beet greens	0.4
Brussels sprouts	0.3
Oatmeal	0.3
Cornmeal	0.2
Millet	0.2
Carrots	0.16
Broccoli	0.15

PHOSPHORUS CONTENT OF SELECTED FOODS,
IN MILLIGRAMS PER SERVING

Yogurt, plain, nonfat, 8 ounces	383
Lentils, ½ cup, cooked	356
Salmon, 3 ounces, cooked	252
Milk, skim, 8 ounces	247
Halibut, 3 ounces, cooked	242
Beef, 3 ounces, cooked	173
Turkey, 3 ounces, cooked	173
Chicken, 3 ounces, cooked	155
Almonds, 1 ounce	139
Mozzarella cheese, part skim, 1 ounce	131
Egg, 1 large, cooked	104
Peanuts, 1 ounce	101
Bread, whole wheat, 1 slice	64
Carbonated cola drink, 12 ounces	44
Bread, enriched, white, 1 slice	24

POTASSIUM AND SODIUM CONTENT OF SELECTED FOOD, IN MILLIGRAMS PER SERVING

<i>Food</i>	<i>Potassium</i>	<i>Sodium</i>
<i>Fresh Vegetables</i>		
Asparagus, ½ cup	165	1
Avocado, ½	680	5
Carrot, raw, 1	225	38
Corn, ½ cup	136	Trace
Lima beans, cooked, ½ cup	581	1
Potato, 1 medium	782	6
Spinach, cooked, ½ cup	292	45
Tomato, raw, 1 medium	444	5
<i>Fresh Fruits</i>		
Apple, 1 medium	182	2
Apricots, dried ½ cup	318	9
Banana, 1 medium	440	1
Cantaloupe, ½ melon	341	17
Orange, 1 medium	263	1
Peach, 1 medium	308	2
Plums, 5	150	1
Strawberries, ½ cup	122	Trace
<i>Unprocessed Meats</i>		
Chicken, light meat, 3 ounces	350	54
Lamb, leg, 3 ounces	241	53
Pork, 3 ounces	219	48
Roast beef, 3 ounces	224	49
<i>Fish</i>		
Cod, 3 ounces	345	93
Flounder, 3 ounces	498	201
Haddock, 3 ounces	297	150
Salmon, 3 ounces	378	99
Tuna, 3 ounces	225	38

PYRIDOXINE CONTENT OF SELECTED FOODS,
 IN MILLIGRAMS PER 3½-OUNCE 
 (100 GRAM) SERVING

Yeast, torula	3.00
Yeast, brewer's	2.50
Sunflower seeds	1.25
Wheat germ, toasted	1.15
Soybeans, dry	.63
Walnuts	.73
Soy bean flour	.63
Lentils, dry	.60
Lima beans, dry	.58
Buckwheat flour	.58
Black-eyed peas, dry	.56
Navy beans, dry	.56
Brown rice	.55
Hazelnuts	.54
Garbanzo beans, dry	.54
Pinto beans, dry	.53
Bananas	.51
Avocados	.42
Whole-wheat flour	.34
Chestnuts, fresh	.33
Kale	.30
Rye flour	.30
Spinach	.28
Turnip greens	.26
Peppers, sweet	.26
Potatoes	.25
Prunes	.24
Raisins	.24
Brussels sprouts	.23
Barley	.22
Sweet potatoes	.22
Cauliflower	.21

VITAMIN B12 CONTENT OF SELECTED FOODS,
IN MICROGRAMS PER 3½-OUNCE
(100 GRAM) SERVING

Liver, lamb	104.0
Clams	98.0
Liver, beef	80.0
Kidneys, lamb	63.0
Liver, calf	60.0
Kidneys, beef	31.0
Liver, chicken	25.0
Oysters	18.0
Sardines	17.0
Trout	5.0
Salmon	4.0
Tuna	3.0
Lamb	2.1
Eggs	2.0
Whey, dried	2.0
Beef, lean	1.8
Edam cheese	1.8
Swiss cheese	1.8
Brie cheese	1.6
Gruyère cheese	1.6
Blue cheese	1.4
Haddock	1.3
Flounder	1.2
Scallops	1.2
Cheddar cheese	1.0
Cottage cheese	1.0
Mozzarella cheese	1.0
Halibut	1.0
Perch, filets	1.0
Swordfish	1.0

VITAMIN C CONTENT OF SELECTED FOODS,
 IN MILLIGRAMS PER 3½-OUNCE
 (100 GRAM) SERVING

Acerola	1,300	Cabbage	47
Peppers, red chili	369	Lemon juice	46
Guavas	242	Grapefruit and juice	38
Peppers, red sweet	190	Elderberries	36
Kale leaves	186	Liver, calf	36
Parsley	172	Turnips	36
Collard leaves	152	Mangoes	35
Turnip greens	128	Asparagus	33
Peppers, green sweet	128	Cantaloupe	33
Broccoli	113	Swiss chard	32
Brussels sprouts	102	Green onions	32
Mustard greens	97	Liver, beef	31
Watercress	79	Okra	31
Cauliflower	78	Tangerines	31
Persimmons	66	New Zealand spinach	30
Cabbage, red	61	Oysters	30
Strawberries	59	Lima beans, young	28
Papayas	56	Black-eyed peas	29
Spinach	51	Soybeans	29
Oranges and juice	50	Green peas	27
		Radishes	26
		Raspberries	25
		Chinese cabbage	25
		Yellow summer squash	25
		Loganberries	24
		Honeydew melons	23
		Tomatoes	23
		Liver, pork	23

ZINC CONTENT OF SELECTED FOODS,
IN MILLIGRAMS PER 3½-OUNCE
(100 GRAM) SERVING

Oysters, fresh	148.7
Pumpkin seeds	7.5
Gingerroot	6.8
Pecans	4.5
Split peas, dry	4.2
Brazil nuts	4.2
Whole wheat	3.2
Rye	3.2
Oats	3.2
Peanuts	3.2
Lima beans	3.1
Almonds	3.1
Walnuts	3.0
Buckwheat	2.5
Hazelnuts	2.4
Green peas	1.6
Turnips	1.2
Parsley	0.9
Potatoes	0.9
Garlic	0.6
Carrots	0.5
Whole-wheat bread	0.5
Black beans	0.4
