

# Vitamins & Minerals - Food Sources



<p><b>B1 Thiamin</b>  <b>Meat</b> - <b>pork</b>  <b>Nuts &amp; Seeds</b> - <b>sunflower, pine nuts</b>, peanuts with skins, Brazil, pecans  <b>Legumes</b> - pinto, navy, mung beans  <b>Grains</b> - millet, buckwheat, oats, wild rice  <b>Yeast extract</b>  <b>Vegetables</b> - peppers, red chilli</p>	<p><b>B9 Folate</b>  <b>Legumes</b> - <b>black eyed, soy, kidney, mung, lima, navy, lentils</b>  <b>Vegetables</b> - <b>kale, spinach, greens, broccoli</b>, cabbage, green beans  <b>Meat</b> - organic organ meat, beef  <b>Nuts</b> - <b>walnuts</b>, peanuts, almonds  <b>Grains</b> - bran, barley, oats  <b>Fruit</b> - dried figs, avocado, fresh coconut</p>
<p><b>B2 Riboflavin</b>  <b>Meat</b> - <b>organic organ meat</b>, pork  <b>Fish</b> - mackerel  <b>Nuts</b> - <b>almonds</b>, cashew, pine  <b>Legumes</b> - soy, navy, lentils  <b>Grains</b> - <b>wild rice</b>, millet, rye  <b>Eggs</b>  <b>Yeast extract</b>  <b>Vegetables</b> - collard greens, kale, okra</p>	<p><b>Vitamin C</b>  <b>Vegetables</b> - <b>red peppers, kale, broccoli</b>, red chilli, greens, Brussels sprouts, watercress, cauliflower, spinach, asparagus, okra, peas, cabbage, tomatoes,  <b>Fruit</b> - <b>guava</b>, persimmons, papaya, mangoes, cantaloupes, all citrus fruits, all berries, kiwi  <b>Legumes</b> - lima, black-eyed, soy</p>
<p><b>B3 Niacin</b>  <b>Meat</b> - <b>organic organ meat, turkey, chicken</b>  <b>Fish</b> - <b>trout, halibut, mackerel</b>, salmon  <b>Nuts &amp; Seeds</b> - <b>peanuts with skins</b>, almonds, sunflower, sesame  <b>Grains</b> - wholegrain and wild rice, buckwheat, barley  <b>Yeast extract</b>  <b>Vegetables</b> - peppers, red chilli</p>	<p><b>Vitamin A</b>  <b>Meat</b> - <b>organic organ meat</b>, chicken  <b>Vegetables</b> - <b>red peppers, carrots, greens, kale, sweet potato, spinach</b>, watercress, butternut squash, broccoli, asparagus, Brussels sprouts, okra  <b>Fruit</b> - mangoes, apricots, papaya, nectarines, sour cherries, peaches, melon, elderberries  <b>Other</b> - eggs, butter, cream, parsley</p>
<p><b>B5 Pantothenic Acid</b>  <b>Meat</b> - <b>organic organ meat</b>, chicken, turkey  <b>Fish</b> - salmon, sardines  <b>Nuts &amp; Seeds</b> - <b>peanuts, pecans</b>, cashews, hazelnuts, sunflower  <b>Legumes</b> - <b>lentils</b>, black eyed, soy  <b>Grains</b> - buckwheat flour, rye flour, brown rice  <b>Yeast extract</b>  <b>Vegetables</b> - mushrooms, broccoli, kale  <b>Other</b> - eggs</p>	<p><b>Vitamin E</b>  <b>Oils</b> - <b>sunflower, sesame</b>, peanut, olive  <b>Nuts &amp; Seeds</b> - <b>sunflower, sesame, almonds</b>, peanuts, pecans, walnuts  <b>Grains</b> - brown rice, rye  <b>Vegetables</b> - spinach, asparagus, carrots, peas, tomatoes  <b>Fruit</b> - bananas  <b>Meat</b> - lamb  <b>Other</b> - butter, eggs</p>
<p><b>B6 Pyridoxine</b>  <b>Meat</b> - <b>organic organ meat</b>, pork  <b>Fish</b> - <b>tuna, salmon</b>, trout, halibut, mackerel  <b>Nuts &amp; Seeds</b> - <b>sunflower, walnuts</b>, chestnuts  <b>Legumes</b> - <b>lentils, soy</b>, black eyed, navy, pinto  <b>Grains</b> - brown rice, flour, rye flour  <b>Yeast extract</b>  <b>Vegetables</b> - kale, spinach, peppers, Brussels sprouts, cauliflower  <b>Fruit</b> - bananas, avocados, elderberries</p>	<p><b>Vitamin D</b>  <b>Fish/Seafood</b> - <b>sardines, salmon, tuna, shrimps</b>  <b>Meat</b> - liver  <b>Dairy</b> - butter, fortified milk, natural cheeses  <b>Other</b> - eggs, mushrooms, sunflower seeds, sunlight exposure</p> <p><b>Vitamin K</b>  <b>Vegetables</b> - <b>greens, broccoli</b>, lettuce, cabbage, spinach, watercress, asparagus, peas, tomatoes  <b>Meat</b> - chicken breast, pork, beef  <b>Dairy</b> - cheese, milk, butter, eggs  <b>Fruit</b> - peaches, raisins  <b>Other</b> - natto, sauerkraut, oats</p>

<p><b>B12 Cobalamin</b>  <b>Meat</b> – <b>organic organ meat</b>, lamb, beef  <b>Fish</b> - <b>sardines</b>, trout, salmon, tuna, haddock  <b>Seafood</b> - <b>oysters</b>, scallops, clams  <b>Egg yolks</b>  <b>Cheese</b> - cottage, mozzarella, edam</p>	<p><b>Biotin</b>  <b>Meat</b> – <b>organic organ meat</b>  <b>Grains</b> - barley, bran, brown rice  <b>Legumes</b> - black-eyed, split peas, lentils  <b>Nuts</b> - <b>walnuts, peanuts</b>, pecans, almonds  <b>Egg yolk</b></p>
<p><b>Calcium</b>  <b>Vegetables</b> – <b>collard greens, spinach, kale, watercress</b>, onion, garlic, celery, broccoli  <b>Fruit</b> - dried figs, apricots &amp; prunes, oranges  <b>Nuts &amp; Seeds</b> – <b>almonds, sesame, Brazil</b>, pecan, sunflower, chestnuts  <b>Grains</b> - rye, quinoa, barley, rice  <b>Dairy</b> - <b>yoghurt, cheese, whole milk</b>  <b>Other</b> – <b>tofu (made with calcium sulphate)</b></p>	<p><b>Magnesium</b>  <b>Vegetables</b> – <b>beet greens, spinach</b>, peas, broccoli, celery, tomatoes, cauliflower, sweet corn, onion  <b>Fruits</b> - dried figs, apricots &amp; prunes, banana, pineapple, orange, blackberry  <b>Nuts &amp; Seeds</b> - <b>almonds, cashews, Brazil</b>, pecan, sunflower  <b>Other</b> - <b>buckwheat, millet</b>, rye, barley, tofu, molasses</p>
<p><b>Zinc</b>  <b>Meat</b> - <b>lamb</b>, chicken, pork  <b>Fish/Seafood</b>- <b>oysters</b>, sardines, anchovies, tuna, haddock, shrimps  <b>Nuts &amp; Seeds</b> – <b>pecans, Brazil, almonds, walnuts</b>, peanuts, pumpkin seeds  <b>Grains</b> - rye, oats, buckwheat  <b>Legumes</b> - <b>lentils</b>, lima, black  <b>Vegetables</b> - peas, spinach, cabbage  <b>Egg yolk</b></p>	<p><b>Selenium</b>  <b>Seafood</b> – <b>smoked herring, scallops</b>, lobster, shrimp, crab, oysters  <b>Nuts</b> - <b>Brazil</b>, pecan, hazelnut, almonds  <b>Grains</b> - oats, brown rice, barley  <b>Vegetables</b> - turnips, garlic, radish, green beans, carrots, cabbage  <b>Fruit</b> - orange &amp; grape juice (pure), oranges  <b>Apple Cider Vinegar</b>  <b>Molasses</b></p>
<p><b>Potassium</b>  <b>Vegetables</b> – <b>broccoli, spinach</b>, garlic, squash, asparagus, potato with skin, cauliflower, tomatoes  <b>Fruit</b> - <b>dates, dried figs, avocado, banana</b>, papaya, peach, oranges  <b>Nuts &amp; Seeds</b> - <b>sunflower, almonds, Brazil, peanuts</b>, pecans, walnuts  <b>Grains</b> - millet, brown rice  <b>Meat</b> - chicken, pork, beef  <b>Other</b> - coconut water</p>	<p><b>Iron</b>  <b>Vegetables</b> - <b>greens, spinach</b>, peas, artichoke, broccoli, asparagus, carrots, tomato, celery, aubergine  <b>Fruit</b> - dried prunes, dates, strawberries, blackberries, avocado, cherries, apple  <b>Nuts &amp; Seeds</b> - <b>pumpkin, sunflower, almonds</b>, sesame, cashews, Brazil  <b>Meat</b> – <b>organic organ meat, beef, lamb, chicken</b>  <b>Grains</b> - millet, brown rice  <b>Other</b> - natto, tofu, blackstrap molasses</p>
<p><b>Sodium</b>  <b>Vegetables</b> - kelp, spinach, watercress, carrot, red cabbage, pickled vegetables  <b>Dairy</b> - cheese, whole milk, yoghurt  <b>Meat</b> - lamb, pork, chicken, beef  <b>Seafood</b> - scallops, lobster  <b>Other</b> – <b>sea salt</b></p>	<p><b>Iodine</b>  <b>Fish/Seafood</b> - <b>haddock, halibut, salmon, sardines, clams, shrimp, oysters</b>  <b>Meat</b> - pork, beef, lamb  <b>Fruit &amp; Vegetables</b> – <b>pineapple</b>, green peppers  <b>Dairy</b> - butter, milk, cream, cottage cheese  <b>Other</b> - <b>eggs, iodised salt</b></p>
<p><b>Chromium</b>  <b>Meat</b> - <b>beef</b>, chicken, lamb  <b>Seafood</b> - oysters, scallops  <b>Grains</b> - <b>rye bread</b>  <b>Vegetables</b> - chilli, parsnips, green beans  <b>Fruit</b> - apples, banana, oranges</p>	<p><b>Molybdenum</b>  <b>Legumes</b> - <b>lentils</b>  <b>Meat</b> - organ meat, chicken, beef, pork  <b>Vegetables</b> - cauliflower, peas, garlic, onions, green beans  <b>Grains</b> - brown rice, oats, rye, barley</p>
<p><b>Manganese</b>  <b>Nuts</b> - <b>pecan, Brazil, almonds</b>, walnuts  <b>Grains</b> - barley, rye, buckwheat,  <b>Vegetables</b> - spinach, carrots, broccoli, tomatoes,  <b>Fruit</b> - raisins, rhubarb, peach, tangerine, coconut, apple</p>	<p><b>Boron</b>  <b>Nuts &amp; Seeds</b> - almonds, hazelnuts, Brazil nuts, cashews and walnuts  <b>Fruits</b> - apples, apricots, pears, bananas, peaches,  <b>Vegetables</b> - broccoli, celery  <b>Legumes</b> - kidney, lentils, chickpeas</p>

Sources and further information: [www.livestrong.com](http://www.livestrong.com) and Liska et al (2004) Clinical Nutrition.