

Vitamin/Mineral Quick Study Guide



Vitamin/Mineral Food Sources

Iron: Heme = animals (meat, organ meat, seafood, fish, eggs), Non-Heme = plants (tofu, legumes, nuts and seeds, grains, soy, dark green vegetables e.g., spinach, asparagus, beets). Absorption increased with Vitamin C with animal protein.

Calcium: seafood with bones, fortified cereals + juices, green vegetables (spinach, kale, broccoli), tofu, dairy.

Iodine: Seafood, iodized salt

Magnesium: Beans, whole grains, nuts, potatoes, bananas, avocados

Phosphorus: dairy, beans, whole grains, seafood

Zinc: beef, fortified cereals, nuts, whole grains, seafood (clams, lobster, oysters)

Vitamin B12 (supplement with Vegan diets): eggs, fortified cereals, meat, seafood, dairy

Copper: organ meats, shellfish, nuts, fruits

Potassium: Bananas, oranges, milk, potatoes, prunes, spinach, tomatoes, yogurt

Folate: Green leafy vegetables, oranges, beans, peas, rice, liver, eggs

Niacin (B3): lean meat, fish, whole grains

Riboflavin (B2): Dairy, meat, green vegetables (turnip greens, asparagus, spinach), fish

Vitamin A: fish liver oils, liver, dairy, carrots, dark leafy veg, egg yolk

Thiamine (B1): Whole grains, brown rice, beans, organ meats, seeds/nuts

Biotin (B7): nuts, whole grains, organ meat

Vitamin D: egg yolk, fatty fish, liver, fortified milk

Vitamin B6: chickpeas, fruit, potatoes, fish

Vitamin K: green leafy vegetables, dairy

Vitamin E: whole grains, oils, eggs

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