



FOOD NUTRIENT LIST

Foods listed first are higher in specific nutrient amounts as supplied by an average 100 gram (4 oz.) serving

* Foods that are high in fat

VITAMIN A

Parsley
Carrots
Sweet Potatoes
Swiss Chard
Spinach (raw)
Mangos
Butternut Squash
Beet Greens
Chives
Egg Yolk*
Watercress
Winter Squash
Tomatoes
Cantaloupe
Broccoli

VITAMIN E

Soybean Oil (crude, unrefined)
Wheat Germ Oil* (crude, unrefined)
Wheat Germ (fresh)
Whole Grains
Nuts* (raw, unsalted)
Seeds* (raw, unsalted)
Sprouts
Green Leafy Vegetables
Eggs*

FOLACIN (Folic Acid)

Wheat Germ (fresh)
Asparagus
Lettuce
Dark Leafy Greens
Vegetables
Spinach
Orange Juice (fresh)
Legumes
Broccoli
Irish Potatoes
Nuts* (raw, unsalted)

VITAMIN C

Red Chili Peppers
Guavas
Red Sweet Peppers
Kale
Parsley
Collards
Turnip Greens
Green Sweet Peppers
Broccoli
Brussels Sprouts
Mustard Greens
Cauliflower
Persimmons
Red Cabbage
Strawberries
Papaya
Spinach
Oranges
Cabbage
Lemons
Grapefruit
Turnips
Mangos
Water Cress
Asparagus
Cantaloupe
Swiss Chard
Green Onions
Okra
Tangerines
New Zealand Spinach
Oysters*
Lima Beans
Black-eyed Peas
Green Peas
Radishes
Raspberries
Chinese Cabbage
Yellow Summer Squash
Honeydew
Tomatoes

VITAMIN B1 (Thiamine)

Brewer's Yeast
Rice Bran
Wheat Germ (fresh)
Sunflower Seeds*
Pine Nuts*
Soy Milk
Sesame Seeds*
Peanuts* (raw)
Pistachios*
Buckwheat
Wheat Bran
Rolled Oats
Whole Meal Pastas
Whey Powder
Lima Beans
Pinto Beans
Mung Beans
Peas
Egg Yolk*
Cornmeal
Brazil Nuts*
Lentils
Broad Beans

VITAMIN B12 (Cyanocobalamin)

Liver*
Beef Kidney*
Beef*
Chicken
Clams*
Oysters*
Sardines
Brook Trout
Salmon*
Tuna
Haddock
Flounder
Scallops
Cottage Cheese (low fat)
Halibut
Perch
Swordfish*

VITAMIN B2 (Riboflavin)

Brewer's Yeast
 Whey Powder
 Wheat Germ (fresh)
 Almonds*
 Mushrooms
 Egg Yolk*
 Swiss & Cheddar Cheese
 Millet
 Soybeans
 Parsley
 Cashews
 Rice Bran
 Lentils
 Sesame/Sunflower Seeds*
 Rye
 Broccoli
 Mung Beans
 Avocado*
 Asparagus
 Dark Leafy Greens

VITAMIN B3 (Niacin)

Salmon*
 Tuna
 Chicken
 Halibut*
 Liver*
 Beef*
 Organ Meats*
 Peanuts*
 All Brans (wheat, rice, oats)
 Brewer's Yeast
 Fish (white)
 Veal
 Mushrooms
 Brown Rice
 Bulgur Wheat
 Sesame/Sunflower Seeds*
 Whole Meal Pasta
 Buckwheat
 Peaches (dried)

ESSENTIAL FATTY ACIDS

Vegetable Oil (crude, unrefined)

- Safflower
- Sunflower
- Corn
- Soybean
- Sesame

Walnuts
 Pistachios
 Sunflower/Sesame Seeds
 Flax Seeds*

VITAMIN B6 (Pyridoxine)

Chicken
 Beef Kidney*
 Tuna
 Walnuts*
 Salmon*
 Brook Trout
 Lentils
 Lima Beans (dry)
 Buckwheat
 Black-eyed Peas
 Navy Beans
 Brown Rice
 Hazelnuts*
 Garbanzo Beans
 Pinto Beans
 Bananas
 Albacore
 Halibut
 Avocado*
 Whole Grain Wheat
 Chestnuts*
 Kale
 Whole Grain Rice
 Whole Grain Rye
 Spinach
 Turnip
 Sweet Red Pepper
 Potatoes
 Sardines
 Brussels Sprouts
 Perch
 Cod
 Barley
 Sweet Potatoes
 Cauliflower
 Popcorn
 Red Cabbage
 Leeks

PROTEIN

Chicken (no skin)
 Soybeans (dry)
 Fish (white)
 Beef*
 Vegetable Patty (legumes & grains)
 Cottage Cheese
 Yogurt
 Turkey
 Eggs*
 Nuts*

PANTOTHENIC ACID

Liver*
 Organ Meats*
 Eggs*
 Soybeans
 Broccoli
 Wheat Germ (fresh)
 Wheat Bran
 Crude Molasses
 Whole Grain Breads & Cereals
 Peanuts*
 Mushrooms
 Beef*
 Haddock
 Brewer's Yeast
 Green Leafy Vegetables
 Peas & Beans

BIOTIN

Brewer's Yeast
 Brown Rice
 Soybeans
 Kidney*

THREONINE

Beef*
 Chicken
 Fish
 Soy Protein
 Soybeans
 Eggs*
 Cottage Cheese
 Baked Beans
 Vegetable Patty

INOSITOL

Brewer's Yeast
 Wheat Germ (fresh)
 Lecithin
 Whole Grains
 Oatmeal
 Corn
 Nuts* (raw, unsalted)
 Molasses
 Citrus fruits

PABA (Para Amino Benzoic Acid)

Brewer's Yeast
 Whole Grains
 Eggs*
 Yogurt
 Wheat Germ (fresh)
 Molasses

TRYPTOPHAN

Beef*
 Soy Protein
 Chicken
 Soybeans
 Fish
 Eggs*
 Vegetable Patty
 Cottage Cheese
 Mixed Nuts*
 Baked Beans

METHIONINE/CYSTINE

Chicken
 Beef*
 Fish
 Eggs*
 Goat's Milk*
 Peanuts*
 Vegetable Patty
 Brewer's Yeast
 Oatmeal
 Almonds*

VALINE

Beef*
 Chicken
 Fish
 Soy Protein
 Soybeans
 Eggs*
 Vegetable Patty
 Cottage Cheese
 Baked Beans

LYSINE

Chicken
 Beef*
 Soy Protein
 Soybeans
 Cottage Cheese
 Baked Beans
 Eggs*
 Goat's Milk*
 Peanuts*
 Vegetable Patty
 Brewer's Yeast
 Oatmeal

ISO-LEUCINE

Beef*
 Chicken
 Fish
 Soybeans
 Soy Protein
 Vegetable Patty
 Eggs*
 Cottage Cheese
 Baked Beans

BIOFLAVONOIDS

Fresh Fruits
 Vegetables
 Buckwheat
 Citrus (especially the pulp)
 Green Peppers
 Grapes
 Apricots
 Strawberries
 Black Currants
 Cherries
 Prunes

IRON

Prune Juice
 Beef*
 Soybeans
 Baked Beans
 Organ Meats*
 Chicken
 Eggs*
 Millet
 Parsley
 Kidney Beans
 Clams*
 Dried Split Peas
 Mussels*
 Oysters*
 Venison*
 Almonds*
 Hazelnuts*
 Whole Grain Oats
 Sardines
 Jerusalem Artichokes
 Whole Grain Wheat
 Beet Greens
 Swiss Chard
 Dandelion Greens
 Walnuts*
 Spinach
 Sesame Seeds*
 Pecans*
 Lentils

CALCIUM

Collard/Turnip Greens
 Almonds*
 Parsley
 Corn Tortillas
 Dandelion Greens
 Watercress
 Yogurt
 Beet Greens
 Buckwheat
 Sesame Seeds*
 Broccoli
 Walnuts*
 Cottage Cheese (low fat)
 Spinach
 Pecans*
 Romaine
 Rutabaga
 Green Beans
 Globe Artichokes
 Dry Beans
 Cabbage
 Sprouts
 Whole Grain Wheat
 Oranges
 Celery
 Whole Grain Rice
 Carrots
 Barley
 Sweet Potatoes
 Brown Rice
 Garlic
 Summer Squash
 Onions
 Lemons
 Green Peas
 Cauliflower
 Lentils
 Cherries
 Asparagus
 Winter Squash
 Strawberries
 Millet
 Pineapple
 Grapes
 Beets
 Cantaloupe
 Jerusalem Artichokes
 Tomatoes
 Eggplant
 Chicken/Turkey
 Bananas
 Avocado*

POTASSIUM

Kidney Beans
 Parsley
 Dry Split Peas
 Lentils
 Sesame Seeds*
 Fennel
 Almonds*
 Lima Beans
 Buckwheat
 Spinach
 Hazelnuts*
 Garden Cress
 Avocado*
 Pecans*
 Yams
 Sardines
 Fresh Horseradish
 Swiss Chard
 Sweet Potatoes
 Garlic
 Mushrooms
 Brook Trout
 Walnuts*
 Brussels Sprouts
 Turnip Greens
 Apricots
 Artichokes
 Millet
 Bananas
 Scallops
 Potato (with skin)
 Kale
 Broccoli
 Winter Squash
 Chicken/Turkey
 Carrots
 Celery
 Radishes
 Cauliflower
 Summer Squash
 Asparagus
 Red Cabbage
 Cantaloupe
 Tomatoes
 Papaya
 Eggplant
 Green Pepper
 Beets
 Peaches
 Oranges

COPPER

Liver*
 Heart*
 Spleen*
 Eggs*
 Brewer's Yeast
 Almonds*
 Peas
 Green Leafy Vegetables
 Whole Grains
 Prunes
 Raisins
 Pomegranates

IODINE

Ocean Fish
 Shellfish
 Spinach
 Seaweed/Kelp/Dulse
 Swiss Chard
 Turnip Greens
 Garlic
 Watercress
 Pineapples
 Peas
 Artichokes
 Citrus fruits
 Egg Yolks*

SULFUR

Radish
 Turnip
 Onion
 Celery
 Horseradish
 String Beans
 Watercress
 Kale
 Soybeans
 Fish
 Meat*

FLUORINE

Steel Cut Oats
 Sunflower Seeds*
 Milk/Cheese
 Goat's Milk*
 Carrots
 Garlic
 Beet Tops
 Green Vegetables
 Almonds*

MAGNESIUM

Almonds*
 Buckwheat
 Filberts*
 Millet
 Whole Grain Wheat
 Beet Greens
 Spinach
 Brown Rice
 Swiss Chard
 Collard Greens
 Shrimp*
 Corn
 Avocado*
 Parsley
 Dry Beans
 Barley
 Dandelion Greens
 Garlic
 Green Pease (fresh)
 Potato (with skin)
 Crab*
 Banana
 Sweet Potatoes
 Blackberries
 Beets
 Broccoli
 Cauliflower
 Carrots
 Celery
 Asparagus
 Turkey/Chicken
 Green Peppers
 Winter Squash
 Cantaloupe
 Eggplant
 Tomatoes
 Cabbage
 Grapes
 Pineapple
 Mushrooms
 Onions
 Oranges
 Plums
 Apples

CHROMIUM

Brewer's Yeast
 Yeast Risen Bread Products
 Beer
 Wheat Germ (fresh)
 Mushrooms

SELENIUM

Brewer's Yeast
 Liver*
 Apple Cider Vinegar
 Scallops
 Barley
 Whole Grain Wheat
 Lobster*
 Red Swiss Chard
 Whole Grain Oats
 Clams*
 King Crab*
 Oysters*
 Cod
 Brown Rice
 Turnips
 Garlic
 Barley
 Mushrooms
 Turkey/Chicken
 Radishes
 Pecans*
 Hazelnuts*
 Almonds*
 Green Beans
 Kidney Beans
 Onions
 Carrots
 Cabbage
 Oranges

MANGANESE

Wheat Germ (fresh)
 Heart*
 Green Leafy Vegetables
 Spinach
 Beets
 Brussels Sprouts
 Blueberries
 Oranges
 Grapefruit
 Apricots
 Bran
 Peas
 Kelp
 Egg Yolk* (raw)

SILICON

Young Green Plants (horse tail)
 Nettles
 Alfalfa
 Kelp
 Flax Seeds*
 Steel Cut Oats
 Apples
 Strawberries
 Grapes
 Beets
 Onions
 Parsnips
 Almonds*
 Peanuts*
 Sunflower Seeds*

ZINC

Oysters*
 Ginger Root
 Pecans*
 Split Peas
 Whole Grain Wheat
 Whole Grain Rye
 Whole Grain Oats
 Lima Beans
 Almond*
 Walnuts*
 Sardines
 Turkey/Chicken
 Buckwheat
 Hazelnuts*
 Clams*
 Tuna
 Haddock
 Green Peas
 Shrimp*
 Turnips
 Black Pepper
 Paprika
 Dry Mustard
 Chili Powder
 Thyme
 Cinnamon