

# Kessinger Health and Wellness

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## FOODS HIGH IN NUTRIENTS

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, oat)  
 Brewer's Yeast  
 Fish (white)  
 Veal  
 Mushrooms  
 Brown Rice  
 Bulgur Wheat  
 Sesame/Sunflower Seeds\*  
 Whole Meal Pasta  
 Buckwheat  
 Peaches (dried)

**ESSENTIAL FATTY ACIDS**

Vegetable Oils (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 Peas (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  
Almonds\*  
Walnuts\*  
Sardines  
Turkey/Chicken  
Buckwheat  
Hazelnuts\*  
Clams\*  
Tuna  
Haddock  
Green Peas  
Shrimp\*  
Turnips  
Black Pepper  
Paprika  
Dry Mustard  
Chili Powder  
Thyme  
Cinnamon