



## Food Sources of Vitamins & Minerals

A proper diet is a foundational building block to sustainable health. Your food choices will determine whether or not your body's daily vitamin and mineral requirements are met. The chart below provides a brief summary of food sources of vitamins and minerals.

Your naturopathic doctor will assist you in determining how best to implement a proper diet according to your current health status.

VITAMIN OR MINERAL	FOOD SOURCE
<b>Vitamin A / Beta-carotene</b>	<u>Vitamin A</u> : liver, kidney, butter, milk, cheese, eggs (yolk), fish oil (herring, tuna, sardines). <u>Beta-carotene</u> *: dark green leafy veggies (broccoli, kale, collard greens, spinach, parsley, mustard greens, swiss chard, bok choy, dandelion), carrots, tomatoes, sweet potatoes, squash, red and green peppers, apricots, mangos. <small>*Beta-carotene is converted to Vitamin A by the liver.</small>
<b>Vitamin B1 (Thiamine)</b>	Sunflower seeds, brown rice, soybeans, nuts, whole grains (millet, wheat, oats, buckwheat, quinoa, brown rice), egg yolks, fish, liver, poultry.
<b>Vitamin B2 (Riboflavin)</b>	Liver, kidney, egg yolks, fish, almonds, whole grains, mushrooms, dark green leafy veggies, legumes.
<b>Vitamin B3 (Niacin) (Niacinamide)</b>	Liver, kidney, eggs, fish, peanuts, milk, whole grains, sunflower seeds, broccoli, tomatoes.
<b>Vitamin B5 (Pantothenic Acid)</b>	Liver, kidney, milk, fish, poultry, eggs, whole grains, legumes, broccoli, mushrooms, nuts.
<b>Vitamin B6 (Pyridoxine)</b>	Meat, fish, eggs, carrots, spinach, sunflower seeds, nuts, whole grains, legumes, bananas, avocados.
<b>Vitamin B12 (Cobalamin)</b>	Liver, kidney, eggs, fish, cheese, milk, sea veggies (dulse, kelp, kombu, nori), soybeans & soy products.
<b>Biotin</b>	Liver, kidney, cooked egg yolks, cheese, milk, soybeans, whole grains, poultry, fish, nuts.
<b>Choline</b>	Whole grains, legumes, egg yolks, meat, milk, cauliflower, liver, soybeans.
<b>Folic Acid (Folacin/Folate)</b>	Dark green leafy veggies, legumes, asparagus, broccoli, cabbage, avocado, mushrooms, whole grains, chicken, liver, soybeans. <small>*Supplementation necessary when trying to conceive/during pregnancy: 800 mcg/day.</small>



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<b>P.A.B.A.</b> (Para-amino-benzoic acid)	Liver, kidney, molasses, mushrooms, spinach, whole grains.
<b>Vitamin C</b>	Guavas, red & green peppers, dark green leafy veggies, broccoli, brussels sprouts, strawberries, papayas, cabbage, citrus fruits.
<b>Vitamin D</b>	Fish, liver, egg yolks, butter, dark green leafy veggies.
<b>Vitamin E</b> (d-alpha-tocopherol)	Polyunsaturated vegetable oils (flax/sunflower/pumpkin), nuts, seeds, whole grains, legumes, dark green leafy veggies.
<b>Vitamin K</b>	Dark green leafy veggies, green tea, broccoli, cabbage, asparagus. <small>*Gut bacteria produce vitamin K.</small>
<b>Calcium</b>	Dark green leafy veggies (kale, dandelion, spinach, broccoli), soybeans (tofu), almonds, walnuts, sunflower seeds, salmon with bones, dairy (if able to digest).
<b>Chromium</b>	Whole grains (esp. brown rice), shellfish, meat, cheese.
<b>Copper</b>	Almonds, avocados, whole grains, legumes (beans & lentils), beets, broccoli, garlic, mushrooms, nuts, oranges, radishes, raisins, salmon, seafood, soybeans, dark green leafy veggies.
<b>Iodine</b>	Sea veggies, seafood.
<b>Iron</b>	Liver, kidney, fish, meat, poultry, eggs, dark green leafy veggies, whole grains, pumpkin & sunflower seeds, nuts, raisins, legumes.
<b>Magnesium</b>	Tofu, legumes, nuts, seeds, whole grains, dark green leafy veggies.
<b>Manganese</b>	Avocados, nuts, seeds, whole grains, dried fruits, green leafy veggies.
<b>Potassium</b>	Fish, bananas, cantaloupe, dried apricots, peach, oranges, potatoes, avocados, legumes, brown rice, tomatoes, spinach.
<b>Selenium</b>	Whole grains, nuts, garlic, onions, broccoli, fish, chicken, liver.



# Naturopathic Foundations

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Zinc

Shellfish, fish, red meat, whole grains, legumes, nuts, pumpkin & sunflower seeds, mushrooms, eggs.

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