



Naturopathic Foundations

by Dr. Iva Lloyd, BScH, BCPP, ND

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
Vitamin A / Beta-carotene	<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. *Beta-carotene is converted to Vitamin A by the liver.
Vitamin B1 (Thiamine)	Sunflower seeds, brown rice, soybeans, nuts, whole grains (millet, wheat, oats, buckwheat, quinoa, brown rice), egg yolks, fish, liver, poultry.
Vitamin B2 (Riboflavin)	Liver, kidney, egg yolks, fish, almonds, whole grains, mushrooms, dark green leafy veggies, legumes.
Vitamin B3 (Niacin) (Niacinamide)	Liver, kidney, eggs, fish, peanuts, milk, whole grains, sunflower seeds, broccoli, tomatoes.
Vitamin B5 (Pantothenic Acid)	Liver, kidney, milk, fish, poultry, eggs, whole grains, legumes, broccoli, mushrooms, nuts.
Vitamin B6 (Pyridoxine)	Meat, fish, eggs, carrots, spinach, sunflower seeds, nuts, whole grains, legumes, bananas, avocados.
Vitamin B12 (Cobalamin)	Liver, kidney, eggs, fish, cheese, milk, sea veggies (dulse, kelp, kombu, nori), soybeans & soy products.
Biotin	Liver, kidney, cooked egg yolks, cheese, milk, soybeans, whole grains, poultry, fish, nuts.
Choline	Whole grains, legumes, egg yolks, meat, milk, cauliflower, liver, soybeans.
Folic Acid (Folacin/Folate)	Dark green leafy veggies, legumes, asparagus, broccoli, cabbage, avocado, mushrooms, whole grains, chicken, liver, soybeans. *Supplementation necessary when trying to conceive/during pregnancy: 800 mcg/day.



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