

Food Sources of Nutrients



Biotin
Egg Yolks
Liver
Brown Rice
Brewer's Yeast
Whole Grains
Sardines
Legumes
Vitamin C
Guava
Broccoli
Green Pepper
Cantaloupe
Brussels Sprouts
Dark-green Leafy Veg.
Citrus Fruit or Juice
Strawberries
Cabbage
Watermelon

Calcium
Milk
Broccoli
Dark-green Leafy Veg.
Molasses
Legumes
Almonds
Cheese
Brazil Nuts

Chlorine
Sea Salt
Seafood
Meats
Ripe Olives
Rye Flour

Choline
Egg Yolks
Organ Meats
Brewer's Yeast
Wheat Germ
Soybeans
Fish
Legumes
Lecithin

Chromium
Clams
Whole-Grain Cereals
Brewer's Yeast
Broccoli
Oats

Cobalt
Organ Meats
Oysters
Clams
Poultry
Milk
Green, Leafy Veg.
Fruits

Copper
Organ Meats
Seafoods
Nuts
Legumes
Molasses
Raisins

Iodine
Iodized Salt
Ocean Fish
Shellfish
Spinach

Folate
Chicken Liver
Beef Liver
Wheat Germ
Asparagus
Lettuce
Spinach
Orange Juice
Legumes

Folate
Chicken Liver
Beef Liver
Wheat Germ
Asparagus
Lettuce
Spinach
Orange Juice
Legumes

Inositol
Whole Grains
Citrus Fruits
Brewer's Yeast
Molasses
Meat
Milk
Nuts
Vegetables
Lecithin

Magnesium
Soybeans
Wheat Germ
Cashews
Almonds
Brazil Nuts
Baked Beans
Peanuts
Molasses
Dark-green Leafy Veg.

Leucine
Beef
Chicken
Soy Protein
Fish
Soybeans
Ham, Pork
Cottage Cheese
Liver
Eggs
Baked Beans

Iron
Prune Juice
Liver
Beef
Soybeans
Ham
Organ Meats
Chicken
Spinach
Eggs

Lysine
Chicken
Beef
Fish
Ham, Pork
Soy Protein
Soybeans
Cottage Cheese
Baked Beans
Eggs
Goat Milk
Milk
Peanuts
Brewer's Yeast
Oatmeal

Food Sources of Nutrients Cont'd



Manganese
Whole Grains
Green, Leafy Veg.
Legumes
Nuts
Pineapples
Egg Yolks

Methionine
Chicken
Beef
Fish
Ham, Pork
Eggs
Cottage Cheese
Liver
Soybeans
Soy Protein
Sardines
Milk
Yogurt

Molybdenum
Legumes
Whole-Grain Cereals
Milk
Liver
Dark-green Veg.

Orotic Acid
Organically-Grown Root Vegetables
Whey
Fish

Vanadium
Fish

Niacin
Salmon, Tuna
Chicken
Halibut
Liver
Beef
Organ Meats
Peanuts
All Bran
Mushrooms
Brewer's Yeast
Other fish

Pantothenic Acid
Liver
Organ Meats
Eggs
Soybeans
Broccoli
Peanuts
Mushrooms
Beef
Haddock
Brewer's Yeast

Phenylalanine
Soy Protein
Beef
Chicken
Soybeans
Fish
Eggs
Cottage Cheese
Baked Beans
Peanuts
Almonds
Milk

Potassium
Soybeans
Cantaloupe
Sweet Potato
Avocado
Raisins
Banana
Halibut, Sole
Baked Beans
Molasses
Ham
Mushrooms
Beef
White Potatoes

Selenium
Tuna
Herring
Brewer's Yeast
Wheat Germ and Bran
Broccoli
Whole Grains
Brazil Nuts

Phosphorus
Tuna
Soybeans
Beef Liver
Brazil Nuts
Beef
Milk & Cheese

Sulfur
Fish
Eggs
Meats
Cabbage
Brussels Sprouts

Threonine
Beef
Chicken
Fish
Ham, Pork
Soy Protein
Soybeans
Liver
Eggs
Cottage Cheese
Goat Milk
Baked Beans

Tryptophan
Beef
Soy Protein
Chicken
Soybeans
Fish
Eggs
Milk
Cottage Cheese
Mixed Nuts
Baked Beans

Valine
Beef
Chicken
Fish
Soy Protein
Soybeans
Ham, Pork
Eggs
Liver
Cottage Cheese
Baked Beans
Milk



Food Sources of Nutrients Cont'd

Vitamin A

Liver
Cod Liver Oil
Dark-green, Leafy Veg.
Cantaloupe
Sweet Potato
Carrots
Spinach, Chard
Tomato
Eggs

Vitamin B1

Brewer's Yeast
Pork
Soybeans
Ham
Wheat Germ
Sunflower Seeds
Fortified Cereals
Brazil Nuts
Oatmeal

Vitamin B2

Liver
Organ Meats
Mushrooms
Skim Milk
Whole Milk
Brewer's Yeast
Fortified Cereals
Eggs
Beef
Cottage Cheese
Chicken
Spinach
Ham, Pork

Vitamin B6

Soybeans
Fresh Salmon
Ham, Pork
Canned Salmon
Brewer's Yeast
Molasses
Liver
Wheat Bran
Beef
Cod
Wheat Germ
Sunflower Seeds

Zinc

Beef
Oatmeal
Dark Chicken
Fish
Beef Liver
Dried Beans
Tuna
Bran

Vitamin C

Guava
Broccoli
Green Pepper
Brussels Sprouts
Cantaloupe
Dark-green, Leafy Veg.
Citrus Fruits or Juice
Fresh Strawberries
Cabbage
Watermelon

Vitamin K

Green, Leafy Veg.
Egg Yolks
Blackstrap Molasses
Cauliflower
Soybeans

Vitamin B12

Liver
Beef Kidney
Beef
Oysters
Salmon
Sole
Ham, Pork
Chicken

Notes
