

Vitamin & Mineral Guide

VITAMIN A

dark green, leafy veggies
yellow/orange plants
spinach
liver
broccoli
seafood (high fat)
carrots
milk
squash
egg yolks
peaches
cheese

Beta Carotene

peaches
yams
carrots
spinach
acorn squash

VITAMIN B1 (Thiamin)

Brewers yeast
oat bran, rice bran, wheat bran
beans
green peas
oats
whole wheat flour
seeds, nuts, peanuts
spinach
oranges

VITAMIN B2 (Riboflavin)

cottage cheese
milk products
asparagus
spinach
mushrooms
broccoli
avocados
collard greens

VITAMIN B3 (Niacin)

soy beans
tofu
beans
cottage cheese
wheat
peanuts/peanut butter
potatoes
sesame
sunflower seeds
salmon
chicken

VITAMIN B5 (Pantothenic acid)

mushrooms
whole grains
legumes
beans
peas
eggs

VITAMIN B6 (pyridoxine)

beans, lentils
oats
rice
spinach
bananas
potatoes
avocados
beef
chicken
fish

VITAMIN B12 (Cobalamin)

milk products
meat
clams
tuna

Folate (Folic acid)

green, leafy vegetables
beans
nuts
spinach
oranges, orange juice
beets
whole wheat

Biotin

whole grains, oat bran
vegetables
legumes
almonds
peanut butter
eggs

VITAMIN C

oranges strawberries
brussel sprouts
broccoli
collard greens

VITAMIN D

milk
eggs
sardines
shrimp

VITAMIN E (unsaturated oil)

sunflower, safflower oil
nuts
seeds
whole grains
wheat germ
spinach

VITAMIN K

broccoli
cabbage
spinach

Calcium and Phosphorus

(need vitamin D for absorption)
milk products
whole grains
beans
vegetables
sardines

Sodium

salt, salted foods

Sodium/Potassium Chloride

“Lite Salt”= 50% potassium chloride; 50% sodium chloride

Potassium

cantaloupe
papaya
bananas
raisins
avocados
prunes
beans
molasses
potatoes
milk

Magnesium

beans
whole grains (oats, wheat, corn, rye)
avocados
peanuts
vegetables
bananas
milk
collard greens

Iron

(increase absorption with vitamin C)
prunes
beans
spinach
oat bran, wheat bran
peaches
raisins
molasses
tomatoes
strawberries
potatoes

Phosphorus

Yogurt
chicken
milk
eggs

Manganese

raisins
spinach
carrots
broccoli

Zinc

seafood
spinach
sunflower seeds
mushrooms
lean meat
dark turkey
beans
almonds

Copper

legumes
nuts
organ meats
seafood
raisins
molasses
potatoes
avocados

Chromium

yeast
meat
cheese
yams
apples
corn kernels
whole grains
eggs

Selenium

seafood
lean beef
chicken
brazil nuts

Iodine

milk
eggs
cheese
nuts