

# 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