

KEY NUTRIENTS FROM WHOLE FOODS

Vitamins and minerals are considered “essential” because they play a leading role in our body’s ability to function properly. They work together, performing hundreds of different functions throughout the body. While we are fortunate to be able to obtain these nutrients through supplementation when necessary, the preferred source will always be nutrient-dense, whole foods.

Take a look at the list we created for you of which whole foods contain ample amounts of the vitamins your body needs most...

| nutrient | food source |
|--------------------------------------|--|
| Vitamin A | cod liver oil, liver, dandelion greens, collard greens, kale, carrots, yams, egg yolk, whitefish, sweet potatoes, carrots, dark leafy greens, squash, red peppers. Note: vegetables and fruits provide carotene, the Vitamin A precursor. Animal products provide Vitamin A. |
| Vitamin B Complex | see individual vitamins below |
| Vitamin B1 (thiamine) | brewer’s yeast, sunflower seeds, brazil nuts, pecans, oats, millet, brown rice, lentils |
| Vitamin B2 (riboflavin) | organ meats, almonds, yeast, alfalfa, green leafy vegetables, yogurt, cremini mushrooms, asparagus |
| Vitamin B3 (niacin) | tuna, chicken, turkey, nutritional and brewer’s yeast, rice bran, sesame seeds, liver, salmon |
| Vitamin B5 (pantothenic acid) | nutritional and brewer’s yeast, liver, peanuts, mushrooms, peas, pecans, brown rice, oatmeal |
| Vitamin B6 (pyridoxine) | tuna, poultry, red meat, particularly organ meats, nutritional and brewer’s yeast, brown rice, sunflower seeds, walnuts, lentils, buckwheat, salmon |
| Vitamin B9 (folate) | liver, brewer’s yeast, orange juice, black-eyed peas, egg yolk, beets, rice |
| Vitamin B12 (cobalamin) | majority found in animal products - liver, fish, beef, eggs |
| Choline | legumes, liver, egg yolk, cauliflower, lettuce |
| Vitamin C | papaya, bell peppers, broccoli, brussel sprouts, oranges, pineapple, rose hips, acerola cherries, black currants, strawberries, grapefruit juice, melon |

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KEY NUTRIENTS FROM WHOLE FOODS, *continued*

| nutrient | food source |
|----------------------|--|
| Bioflavonoids | fresh fruits, vegetables, herbs and spices, black, green and red tea, chocolate, wine, nuts, beans, seeds |
| Chromium | brewer's yeast, eggs, sweet potatoes, corn, grass-fed beef, liver, seafood, cheese, potatoes, chicken |
| Vitamin D | sunshine, cod liver oil, fish, eggs, liver |
| Iron | red meat, particularly organ meats, nutritional yeast, dark leafy greens, lentils, pumpkin seeds, molasses, amaranth, seaweed, oysters |
| Magnesium | buckwheat, almonds, cashews, brown rice, kidney beans |
| Zinc | oysters, red meat, particularly organ meats, pumpkin seeds, turkey, swiss chard, lima beans, potato, oats |

NOTE:

We've made an effort to list the top foods and food categories that contain the identified key nutrient. It should be noted that each person is unique and that not all foods listed will be appropriate for your body or your healing journey. Work with what you know about your body and your functional practitioner to identify the nutrient-dense foods that will work best for you.

