

# Nutrient Content

## WATER SOLUBLE VITAMINS

<u>Nutrient</u>	<u>Richest to Poorest Sources</u>
Thiamin	Brewer's yeast, pork chops, sunflower seeds, ham, wheat germ, green peas, black beans, watermelon, oysters, split peas, black-eyed peas, kidney beans, oatmeal, acorn squash, baked potato, winter squash, asparagus
Riboflavin	Yogurt, mushrooms, ricotta cheese, spinach, cottage cheese, beet greens, oysters milk, buttermilk, goat's milk, brewer's yeast, mushrooms, peaches
Niacin	Tuna (in water), mushroom, chicken breast, halibut, peaches, pink salmon, salmon, turkey, beef, lamb, sardines, port chops, peanuts, oysters, baked potato, brewer's yeast, shrimp, wheat bran, asparagus, sole, flounder
Biotin	Widespread in foods in small amounts and some is made by bacteria in GI tract.
Pantothenic Acid	Also widespread in foods
Vitamin B6	Baked potato, watermelon, banana, spinach, soybeans, Brewer's yeast, trout, turkey, sirloin steak, pork chop, wheat germ, cantaloupe, tuna (in water), navy beans, bok choy, avocado, sunflower seeds, chicken breast, beef, turnip greens, asparagus
Folate	Black-eyed peas, Brewer's yeast, pinto beans, spinach, navy beans, great northern beans, asparagus, turnip greens, lima beans, kidney beans, parsley, spinach, beets, bean sprouts, sunflower seeds, broccoli, wheat germ, winter squash, bok choy, cauliflower, bean sprouts, cantaloupe, green beans, peanuts, orange
Vitamin B12	Found exclusively in animal products. Fermented soy products (miso) or sea algae do not provide vitamin B12. Vegans need a reliable source such as B12 fortified soy products or supplement with Vitamin B12.
Vitamin C	Papaya, orange juice, broccoli, cantaloupe, Brussels sprouts, grapefruit juice, strawberries, orange, cauliflower, green pepper, mango, parsley, asparagus, grapefruit, watermelon, tomato juice, bok choy, turnip greens, butternut squash, tomatoes, mustard greens, honeydew melon, raspberries, cabbage, baked potato

## FAT SOLUBLE VITAMINS

<u>Nutrient</u>	<u>Richest to Poorest Sources</u>
Vitamin A	Pumpkin, sweet potato, carrot, spinach, butternut squash, winter squash, cantaloupe, mango, turnip greens, papaya, bok choy, mustard greens, collard greens, parsley, apricot, oysters, broccoli, watermelon, asparagus, tomato juice, egg, cheddar cheese, green beans, tomato, milk, summer squash
Vitamin D	Fortified milk, egg yolks, liver, fatty fish, butter. A plant version of vitamin D contributes very little to needs. Without adequate sunshine, fortification, or supplementation, vitamin D needs cannot be met.
Vitamin E	Wheat germ oil, sunflower seeds, sweet potato, sunflower seed oil, almond oil, peanut butter, shrimp, corn oil, canola oil, soybean oil, peanut oil, peanuts, olive oil, brazilnuts, roasted cashews, salmon, avocado
Vitamin K	Leafy green vegetables, members of the cabbage family, milk, meats, eggs, cereals, fruits

## **MAJOR MINERALS**

<u>Nutrient</u>	<u>Richest to Poorest Sources</u>
Sodium	Diets rarely lack sodium. Table salt is sodium chloride which contains about 40% sodium.
Chloride	Chloride is never naturally lacking in the diet. It abounds in foods as part of sodium chloride and other salts.
Potassium	Potassium is found in both plant and animal foods.
Calcium	Yogurt, sardines, goat's milk, milk, romano cheese, buttermilk, turnip greens, kale, salmon, soybeans, beet greens, bok choy, cottage cheese, dandelion greens, tofu, oysters, mustard greens, parsley
Phosphorus	Phosphorus is abundant in animal protein, soft drinks containing phosphorus.
Magnesium	Spinach, tofu, sesame seeds, lentils, vegetables, brewer's yeast, and fruits.
Sulfur	The body does not use sulfur as a nutrient. Sulfur occurs in essential nutrients. Two amino acids are sulfur containing amino acids—methionine and cysteine. Sulfur forms bridges in proteins and is crucial to the contour of protein molecules. There is no recommended intake for sulfur and no deficiencies are known.

## **TRACE MINERALS**

<u>Nutrient</u>	<u>Richest to Poorest Sources</u>
Iron	Heme iron from animal products (meats, oysters, clams), and nonheme sources from plant products (soybeans, tofu, spinach, lentils, wheat germ, potatoes).
Zinc	Oysters, beef, lamb, wheat germ, poultry, lentils, spinach, milk, tofu, brewer's yeast.
Iodide	Iodized salt, seafood, bread, dairy products, plants grown in most parts of this country, and animals fed these plants.
Copper	Legumes, grains, nuts, seeds.
Manganese	Most plant foods contain significant amounts.
Fluoride	Fish, tea, and almost all foods contain small amounts. Water is the largest source.
Chromium	Unrefined foods (brewers yeast), whole grains, nuts and cheeses.
Selenium	Meats and other animal products.
Molybdenum	Legumes, breads and other grains, leafy green vegetables, milk, and liver.