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Nutrients and Their Food Sources

Foods are listed in order of highest concentrations of the nutrient.

Vitamin A – Apples, apricots, carrots, prunes, papaya, avocados, spinach, liver, paprika, pumpkin.

B Complex – Brewers yeast, millet, liver, whole grains.

Vitamin B1 (Thiamine) – wheat germ, dulse, black strap molasses, brewers yeast, okra, sunflower seeds, beef liver, egg yolk, Brazil nuts, peanuts.

Vitamin B2 (Riboflavin) - Brussel sprouts, liver, almonds, wheat germ, prunes, beet and turnip tops, cheese, eggs, apples, carrots, lemons, grapefruit, kelp, coconut.

Vitamin B3 (Niacin) – Rice, lobster, almonds, wheat germ, raw beef liver, whole bran, rhubarb, haddock, whole barley, chicken, buttermilk, peanuts.

Vitamin B5 (Pantothenic acid) – Royal jelly, honey, egg yolk, wheat bran, broccoli, molasses, liver, kidney, peanuts.

Vitamin B6 (Pyridoxine) – Corn oil, whole grain cereals, brewers yeast, brown rice, green leafy vegetables, honey, kidney, heart, prunes, cabbage, egg yolk.

Vitamin B12 – Raw milk, kelp, dulce, liver, cheese, tuna, cottage cheese, raw bran, oysters, kidney, eggs, salt water fish.

Vitamin B15 (Pangamic acid) – Brown rice, organ meats, sesame seeds, brewers yeast, sunflower seeds.

Biotin – Liver, yeast, egg yolk, lentils, whole grains.

Choline – whole grains, meats, legumes, lecithin, wheat germ, egg yolk, soy beans, fish.

Folic acid – Raw milk, brewers yeast, whole grains, dates, tuna, spinach, oysters, organ meats, salmon, green leafy vegetables.

Inositol – Lecithin, meats, nuts, grapefruit, brewers yeast, fruits, vegetables, peanuts, oranges, raw milk.

PABA (Para-amino-benzoic acid) – Wheat germ, liver, brewers yeast, eggs, rice bran, blackstrap molasses.

Vitamin C – Red pepper, lemons, avocados, cabbage, tomatoes, turnip greens, kale, orange peel, bananas, collards, black currants, parsley.

Vitamin D – Cod liver oil, tuna, egg yolks, salmon, raw milk, wheat germ, liver, sardines.

Vitamin E – Brown rice, wheat germ, corn oil, whole grain cereals, egg yolks, peas, lettuce, nuts, rye, safflower oil.

Vitamin F (essential fatty acids) – Sunflower seeds, nuts, cod liver oil, olive oil, wheat germ, butter, cream, vegetable oil, egg yolks.

Vitamin K – Blackstrap molasses, oats, liver, wheat, rye, alfalfa, turnip greens, chlorophyll, yogurt, acidophilus.

Calcium – Almonds, figs, beans, carrots, pecans, raisins, brown rice, apricots, garlic, dates, spinach, sesame seeds, brazil nuts, cashews, papaya, avocados, celery, sardines.

Chromium – Brewers yeast, clams, cheese, corn oil, whole grains.

Copper – Soy beans, brazil nuts, bone meal, raisins, legumes, sea food, blackstrap molasses.

Iodine – Kelp, dulse, beets, celery, lettuce, irish moss, grapes, mushrooms, oranges.

Iron – Kelp, raisins, figs, beets, soy beans, bananas, asparagus, carrots, cucumbers, sunflower seeds, parsley, grapes, watercress.

Magnesium – Honey, almonds, tuna, kelp, pineapple, pecans, green vegetables.

Manganese – Celery, bananas, beets, egg yolks, bran, walnuts, pineapple, asparagus, whole grains, leafy vegetables.

Phosphorus – Mushrooms, cashews, oats, beans, squash, pecans, carrots, almonds.

Potassium – Spinach, apples, tomatoes, strawberries, bananas, lemons, figs, celery, mushrooms, oranges, papaya, pecans, raisins, pineapple, rice, cucumbers, brussel sprouts.

Selenium – Brewers yeast, sea salt, kelp, garlic, mushrooms, sea food, raw milk, eggs, cereals, vegetables.

Sodium – Turnips, raw milk, cheese, wheat germ, cucumbers, beets, string beans, sea food, lima beans, okra, pumpkin.

Sulphur – Bran, cheese, eggs, cauliflower, nuts, onions, broccoli, fish, wheat germ, cucumbers, turnips, corn.

Zinc – Mushrooms, liver, sea food, soy beans, sunflower seeds, brewers yeast, pumpkin seeds.

Trace minerals such as chlorine, silicon, fluorine, molybdenum, cobalt, and lithium are derived in more than adequate amounts from green leafy vegetables, whole grains and sea foods.

References:

Medical Nutrition form Marz 2nd Edition Russell Marz, ND
Omni Press Portland, OR 1997

How to Get Well Paavo Airola, PhD, ND Health Plus Publishers
Phoenix, Arizona 1974