

VITAMIN / MINERAL AND NUTRITIONAL FOOD SOURCES

Listed are only the foods highest in the vitamins and minerals

Vitamin A

Dried apricots, beef liver, cantaloupe, carrots, mangoes, papaya, pumpkin, spinach, squash.

Vitamin B1 (Thiamin)

Soya products, brown rice, sunflower seeds, peanuts, whole grains, pumpkin seeds.

Vitamin B2 (Riboflavin)

Almonds, mushrooms, whole grains, soya products, green leafy veg., yeast, peppers, beans, seeds.

Vitamin B3 (Niacin)

Liver, eggs, fish, peanuts, legumes, whole grains, milk, avocados.

Vitamin B5 (Pantothenic acid)

Whole grains, legumes, sweet potatoes, broccoli, cauliflower, oranges, strawberries.

Vitamin B6 (Pyridoxine)

Avocado, beans, peas, pork, salmon, sweet potatoes, tuna, wheat germ, yams, yeast.

Vitamin B12

Beef, fish, liver, kidney, eggs, cheese, yoghurt.

Vitamin C

Broccoli, brussel sprouts, cabbage, kiwi fruit, cranberry, grapefruit, mangoes, papaya, spinach, peppers.

Vitamin D

Salmon, sardines, tuna, mackerel, herring, cereals

Vitamin E

Almonds, sunflower seeds, wheat germ, margarine

Biotin

Cauliflower, eggs, mushrooms, nuts, peanuts, wholewheat

Folate

Asparagus, baked beans, black eyed peas, kidney beans, lentils, peanuts, spinach

Selenium

Nuts, oats, whole grains, shellfish

Calcium

Broccoli, canned salmon, canned sardines, cheese, ice cream, yoghurt

Magnesium

Tofu, legumes, seeds, nuts, whole grains, green leafy vegetables

Potassium

Dried apricots, avocado, banana, beans, trout, yoghurt.

Sodium

Anchovies, bacon, cheese, olives, pickles, nuts, soy sauce

Zinc

Beef, liver, oysters, black eyed beans, chicken, peas, other beans

Iron

Beef, liver, figs, kidney beans, sunflower seeds, peas, raisins

Boron

Vegetables, particularly root vegetables.

Chromium

Yeast, liver, whole grains, fruits.

Copper

Oysters, shellfish, legumes

Iodine

Turnip, cabbage, mustard, soya products, peanuts, pine nuts.

Sources of fibre

All bran and other similar cereals, apples, pears, raspberries, strawberries, avocado, beans, broccoli, whole wheat pasta.

Sources of fatty acids

Halibut, mackerel, salmon, herring, sardines, pilchards

Sources of protein

Chicken, cod, cottage cheese, beef, tuna, cottage cheese, beans, egg white, yoghurt, peanuts.

Please consult your Osteopath for further information as to recommended daily amounts of vitamins and minerals that should be consumed.