

nutrient food list

nutrients and their richest food sources



Nutrient	Richest food sources (by common serve size)
Calcium	Whitebait, cheese, tinned salmon and sardines, yoghurt and milk, tofu, legumes, dark green leafy vegetables, tahini
Chromium	Brewer's yeast, wholegrains, beef, mushrooms, legumes
Copper	Tomato paste, chestnuts, almonds, cashews, olives, walnuts, beef, mushrooms, chocolate, legumes
Folate	Green leafy vegetables, enriched cereals, lentils and other legumes,
Iodine	Haddock, Cod, yoghurt, seaweed (dried kelp is richest)
Iron	Red meats, mussels, enriched cereals, molasses, green leafy vegetables, tomato paste, dahl, dried apricots
Manganese	Oatbran, wheatgerm, wholegrain flour, raisins, bulgur, brown rice, pineapple, barley, buckwheat, blackberries, raspberries, lima beans, hazelnuts, brazil nuts
Magnesium	Millet, wholegrains, green leafy vegetables, muesli, almonds, cashews, legumes
Molybdenum	Pork, tomato sauce, wheatgerm, green vegetables, strawberries
Potassium	Tomato paste, vegetable curry, vegetable soups, vegetables, fruits and their juices, legumes, raisins, dried apricots, dates
Selenium	Brazil nuts, poultry, wholegrains, fish, molasses, cashews, eggs, organic onion, garlic and broccoli
Zinc	Fish, red meat, popcorn, sesame seeds, sunflower seeds, pepitas, walnuts, almonds, muesli, dahl, wheatgerm, tomato sauce and paste
Monounsaturated fats	Olive oil (75%), Canola oil (61%), Peanut oil (48%), avocado
Omega 3 fatty acids – fish	Salmon, Herring, Sea mullet, Redfish, Flounder, Trevally, Tailor, Tarwhine, Blue mussel, Rainbow trout, Whiting
Omega 3 fatty acids – vegetarian	Flaxseed oil (55%), hempseed oil (25%), canola oil (10%), soybean oil (8%), soybeans, walnuts
Omega 6 fatty acids – fish	Salmon, Herring, Trout (+ see omega 3 list)
Omega 6 fatty acids – vegetarian	Safflower oil (76%), sunflower oil (71%), corn oil (57%), soybean oil (54%), sesame oil (33%), canola oil (22%), avocado, soybeans, pepitas, walnuts
Vitamin A	Cod liver oil, poultry, cornmeal, cream, cheese, egg yolk (organ meats, pate)
Beta-carotene	Pumpkin, carrots, sweet potato, green vegetables, red capsicum, mango, apricots
Vitamin B1 (thiamine)	Fortified cereals and flours, rice bran, wheatgerm, Brewer's yeast, oat bran, pork, wholegrains, trail-mix snacks
Vitamin B2 (riboflavin)	Beef, fortified cereals, poultry, wild rice, dairy, soy milk, Brewer's yeast
Vitamin B3 (niacin)	Red meat, fish, poultry, pork, fortified cereals and milks, wheatgerm, peanuts, legumes, Brewer's yeast
Vitamin B5 (pantothenate)	Peanuts, avocado, hazelnut, mushroom, sunflower seed, Brewer's yeast
Vitamin B6 (pyridoxine)	Muesli, wholegrains, fortified cereals, sunflower seeds, lentils, kidney beans, avocado, peas, nuts, banana
Vitamin B12 (cobalamin)	Poultry, crustaceans, fish, fortified cereals, eggs, dairy, soymilk
Vitamin C	Guava, red capsicum, Brussel sprouts, citrus juice concentrate, papayas, kiwi fruit, blackcurrants, mango, cabbage, broccoli, strawberries, lychees, oranges, sprouts
Bioflavonoids	Citrus fruits, berries, apricots, grapes, papaya, green tea, capsicum, tomatoes
Vitamin D	Herring, kipper, tinned salmon and sardines, eggs, butter, fortified milks, cod liver oil
Vitamin E	Wheatgerm and wheatgerm oil, soybean oil, almonds, sunflower seeds, walnuts, cashews, avocado, brown rice
Vitamin K	Cauliflower, Brussel sprouts, kale, liver, tomato, spinach, green beans, soybeans, broccoli, normal intestinal flora