

Nutrient Food Source Guide

Minerals	
Calcium	Swiss, Jack, cheddar and other cheeses, yogurt, broccoli, sardines, canned salmon (w/bones), goat milk, cow 's milk, collard greens, turnip greens, kale, broccoli, almonds, brazil nuts, soybeans, tofu, blackstrap molasses, corn tortillas, dried figs
Magnesium	Dark green vegetables, almonds, pecans, cashews, brazil nuts, seeds, legumes, soy products, wheat bran and germ, millet, brown rice, avocado, dried apricots
Potassium	Spinach, parsley, broccoli, lima beans, peas, tomatoes, potato skins, oranges, bananas, apples, avocados, raisins, dried apricots, whole grains, wheat germ, flounder, salmon, sardines, cod
Phosphorus	Meats, fish, chicken, turkey, milk, cheese, eggs, seeds, nuts, whole grains, brewer ' s yeast, wheat germ, wheat bran
Silicon	Rice bran, oat bran, wheat bran, alfalfa, cucumber, avocado, strawberries, onions, dark greens, horsetail and stinging nettle herbs
Sodium	Seafood, beef, poultry, celery, beets, carrots, artichokes, kelp and other sea vegetables. Processed foods contain a significant amount and may be advised to be avoided on salt-restrictive diets
Sulfur	Meats, fish, poultry, egg yolks, legumes, onions, garlic, cabbage, Brussels sprouts, turnips, kale, kelp
Antioxidants	
CoQ10 (Ubiquinone)	Ubiquitous in living systems, synthesized by the body, oily fish, organ meats, whole grains
Glutathione	Ubiquitous in living systems, obtained from L-cysteine, glutamic acid and glycine, found in all cells of plants and animals
Alpha-Lipoic Acid	Ubiquitous in living systems, liver, brewer ' s yeast
N-Acetylcysteine (NAC)	Cysteine is found in most high protein foods, NAC is not found in the diet
Trace Elements	
Iron	Beef, liver, kidney, pork, lamb, chicken, clams, oysters, egg yolks, salmon, whole wheat, millet, oats, brown rice, lima beans, soybeans, kidney beans, green peas, almonds, brazil nuts, walnuts, pine nuts, pumpkin seeds, sesame seeds, sunflower seeds, spinach, kale, kelp, dandelion, broccoli, asparagus, prunes, raisins, apricots, blackstrap molasses, brewer ' s yeast
Zinc	Oysters, herring, beef, lamb, pork, liver, egg yolks, milk products, whole wheat, rye, oats, pecans, Brazil nuts, pumpkin seeds, ginger root, mustard, chili powder, peas, carrots, beets, cabbage
Selenium	Brewer ' s yeast, wheat germ, barley, oats, brown rice, whole wheat, brazil nuts, liver, butter, scallops, lobster, shrimp, clams, crab, oysters, lamb, garlic, onions, mushrooms, broccoli, Swiss chard, radishes
Copper	Buckwheat, whole wheat, shrimp, liver, brazil nuts, almonds, hazelnuts, walnuts, pecans, soybeans, dark leafy greens, prunes, cocoa
Manganese	Pecans, almonds, whole grains, egg yolks, seeds, peas, beans, spinach, tea
Iodine	Kelp, cod, sea bass, haddock, perch, shellfish, iodized salt
Molybdenum	Liver, oats, buckwheat, wheat germ, lentils, lima beans, green beans, soybeans, potatoes, spinach, cauliflower,
Boron	Leafy greens, apples, pears, grapes, legumes
Chromium	Brewer ' s yeast, beef, liver, whole wheat, wheat germ, rye, fresh chilies, oysters, potatoes, green peppers, eggs, chicken, apples, butter, bananas, spinach
Vanadium	Soy, sunflower, safflower, corn and olive oil, buckwheat, parsley, oats, rice, green beans, carrots, cabbage, dill, radish, mushrooms, oysters, herring
Vitamins & Other Like Compounds	
Vitamin A	Liver and fish liver oil, egg yolks, whole milk, cream, butter
Mixed Carotenoids	Seaweed, mustard greens, Brussels sprouts, spinach, broccoli, kale, asparagus, parsley, carrots, sweet potatoes, squash, red cabbage, tomatoes, apricots, peaches, cherries, berries
Vitamin D3	Fish liver oil, mackerel, salmon, sardines, herring, egg yolks, butter, homogenized milk
Vitamin E	Cold-pressed vegetable, seed and nut oils, wheat germ oil, whole grains, soybeans, uncooked green peas, spinach, asparagus, kale, cucumber
Vitamin C	Citrus fruits, strawberries, mango, papaya, watermelon, tomatoes, broccoli. Brussels sprouts, cauliflower, cabbage, spinach
Vitamin B1 (Thiamin)	Whole or enriched grain products, brown rice, brewer ' s yeast, blackstrap molasses, spinach, cauliflower, most nuts, sunflower seeds, peanuts, peas, beans, avocado, pork
Vitamin B2 (Riboflavin)	Whole or enriched grain products, brewer ' s yeast, organ meats, mackerel, trout, eel, herring, shad, nori, eggs, shellfish, millet, wild rice, dried peas, beans, sunflower seeds, asparagus, collards, broccoli, spinach, mushrooms, avocado
Vitamin B3 (Niacin)	Synthesized from the amino acid tryptophan, Liver and other organ meats, poultry, fish, peanuts, brewer ' s yeast, dried beans and peas, wheat germ, whole grains, avocado, dates, figs, prunes (milk and eggs due to significant levels of tryptophan)
Vitamin B5 (Pantothenic Acid)	Organ meats, chicken, beef, brewer ' s yeast, egg yolks, fish, chicken, whole grains, cheese, peanuts, dried beans, sweet potato, green peas, broccoli, avocado, cauliflower
Vitamin B6 (Pyridoxine)	Liver and other organ meats, fish, poultry, egg yolk, whole wheat, wheat germ, soybeans and other dried beans, peanuts, walnuts, banana, prunes, potatoes, cauliflower, cabbage, avocado

Vitamin B12	Whole grains, organ meats, trout, herring, mackerel, crab, oysters, egg yolk, yogurt, tempeh
Vitamin K	Synthesized by intestinal bacteria, dark leafy greens, blackstrap molasses, liver, milk, yogurt, egg yolks, fish liver oils
Folic acid	Spinach, kale, beet greens, beets, chard, asparagus, broccoli, liver, brewer 's yeast, whole grains
Biotin	Egg yolks, liver, brewer 's yeast, nuts, milk, unpolished rice
Choline	Synthesized from the amino acid glycine, lecithin from soybeans, peanuts, egg yolk, milk brewer 's yeast, wheat germ, fish, leafy greens, organ meats
Inositol	Synthesized from glucose, liver, lecithin, whole grains, wheat germ, lima beans, peanuts, brewer 's yeast, cabbage, citrus fruits (except lemons), cantaloupe, raisins, unrefined molasses
PABA	A component of folic acid, synthesized by intestinal bacteria, whole grains, wheat germ, brewer 's yeast, liver, eggs, molasses
L-Carnitine	Synthesized by the liver and kidneys, red meats, fish, poultry, milk products
Amino Acids	can be defined as either ' nonessential ' or 'essential '. Our bodies are able to manufacture the nonessential amino acids. Essential amino acids must be supplied by the diet
Alpha-Ketoglutarate	Ubiquitous in living systems, present in whole plant and animal foods
L-Arginine	Lean meats, fish, nuts, milk, cheese, eggs, nuts, whole grains, chocolate
Aspartic acid	Utilized to form mineral salts which are consequently easily absorbed
L-Citrulline	Synthesized in the body from ornithine, converted to arginine
L-Cysteine	Found as cystine in poultry, yogurt, oats, wheat germ, egg yolks, garlic, onions, broccoli, Brussels sprouts, red peppers
L-Glutamine	Synthesized from the amino acids arginine, ornithine, and proline, abundant in both animal and vegetable protein,
L-Glycine	Synthesized from choline in the liver and from the amino acids threonine and serine
5-Hydroxytryptophan (Tryptophan is an essential amino acid)	Tryptophan- cottage cheese, fish, lean meats, poultry, peanuts roasted w/ skin, sesame seeds, dried lentils. Essential amino acids cannot be synthesized by the body and must be obtained from the diet. Animal sources contain these essential amino acids as complete proteins and include; beef, pork, poultry, lamb, turkey, fish, milk, eggs, and cheese.
Contraindicated with concomitant use of MAO inhibitors	Vegetarian sources of proteins must be combined to ensure adequate levels of essential amino acids and include; whole grains, wheat germ, legumes, nuts and seeds
L-Isoleucine (essential amino acid)	Essential amino acids cannot be synthesized by the body and must be obtained from the diet. Animal sources contain these essential amino acids as complete proteins and include; beef, pork, poultry, lamb, turkey, fish, milk, eggs, and cheese. Vegetarian sources of proteins must be combined to ensure adequate levels of essential amino acids and include; whole grains, wheat germ, legumes, nuts and seeds
L-Phenylalanine Tricyclic antidepressants	Essential amino acids cannot be synthesized by the body and must be obtained from the diet. Animal sources contain these essential amino acids as complete proteins and include; beef, pork, poultry, lamb, turkey, fish, milk, eggs, and cheese. Vegetarian sources of proteins must be combined to ensure adequate levels of essential amino acids and include; whole grains, wheat germ, legumes, nuts and seeds
L-Taurine	Synthesized from cysteine using B6, lean meats, fish
L-Tyrosine Contraindicated with concomitant use of MAO inhibitors or Tricyclic antidepressants	Synthesized from the amino acid phenylalanine, soy products, chicken, fish, almonds, avocado, bananas, dairy products, lima beans, pumpkin seeds, sesame seeds
L-Valine (essential amino acid)	Essential amino acids cannot be synthesized by the body and must be obtained from the diet. Animal sources contain these essential amino acids as complete proteins and include; beef, pork, poultry, lamb, turkey, fish, milk, eggs, and cheese. Vegetarian sources of proteins must be combined to ensure adequate levels of essential amino acids and include; whole grains, wheat germ, legumes, nuts and seeds
L-Leucine (essential amino acid)	Essential amino acids cannot be synthesized by the body and must be obtained from the diet. Animal sources contain these essential amino acids as complete proteins and include: beef, pork, poultry, lamb, turkey, fish, milk, eggs, and cheese. Vegetarian sources of proteins must be combined to ensure adequate levels of essential amino acids and include; whole grains, wheat germ, legumes, nuts and seeds

The amino acids mentioned above do not represent a complete listing of all amino acids required by the body. Including in the diet complete protein sources of good quality may provide satisfactory provisions of the amino acid pool. Protein needs depend on several factors including: age, weight, health, body composition and physical activity level.

Other Considerations	
Malic Acid	Apples, cherries, berries, pears, plums, peaches, tomatoes, rhubarb
Probiotics	Foods containing live bacteria for health promoting properties. Kefir, yogurt, fermented vegetables
Prebiotics	Fructooligosaccharides (FOC) and other digestion resistant carbohydrates that are beneficial to the growth and activity of healthy native bacteria found in the colon. Jerusalem artichoke tubers, onions, leeks, wheat, honey, garlic, bananas, asparagus, artichokes
Essential Fatty Acids	Essential fats, polyunsaturates that cannot be synthesized by the body and must be obtained from the diet. Flaxseed oil, hempseed oil, walnuts, pumpkin seeds, Brazil nuts, sesame seeds, avocados, dark leafy green vegetables (kale, spinach, purslane, mustard greens, collards), wheat germ oil, salmon, mackerel, herring, sardines, anchovies, albacore tuna