

Best Food Choices for Vitamins and Minerals*

Beta-Carotene

Carrots
Sweet potatoes
Apricots
Spinach
Asparagus
All-Bran cereal
Cantaloupe
Winter squash
Mustard greens
Mango
Peaches

Thiamin (B1)

Whole grains
Brown rice
Raw sunflower seeds
Raw almonds
Wheat germ
Tahini
Brewer's yeast
Dulse
Spinach
Peas
Watermelon
Raw pine nuts
Okra

Riboflavin (B2)

Raw almonds
Broccoli
Brewer's yeast
Avocado
Asparagus
Dark, leafy greens
Mushrooms
Wheat bran
Wheat germ
Whole grains

Niacin (B3)

Prunes
All-Bran cereal
Salmon
Trout
Dates
Dark, leafy greens
Broccoli
Legumes
Lentils
Tahini

Panthenic Acid (B5)

Cauliflower
Brewer's yeast
Broccoli
Dark, leafy greens
Haddock
Mushrooms
Carrots
Whole grain

Pyridoxine (B6)

All-Bran cereal
Salmon
Chicken
Banana
Potato
Watermelon
Trout
Raw sunflower seeds

Cyanocobalamin

B12

Brewer's yeast
Dulse
Kelp
Kombu
Nori
Herring
Mackerel
Salmon
Snapper
Sole
Whole Wheat

Biotin

(Intestinal synthesis)
Raw hazel nuts
Herring
Whole grains
Mackerel
Oatmeal
Bananas
Legumes
Raw walnuts
Raisins

Folic Acid

Lentils
Spinach
All-Bran cereal
Asparagus
Cabbage
Beets

Mustard greens
Broccoli
Okra
Brussel sprouts

Vitamin C

Broccoli
Brussel sprouts
Strawberries
Guava
Kiwi
Papaya
Orange
Cantaloupe
Cabbage
Mustard greens

Vitamin D

Cod liver oil
Dandelion greens
Oatmeal
Herring
Mackerel
Salmon
Sardines
Tuna

Vitamin E

Sunflower seeds
Sweet potatoes
Oatmeal
Mustard greens
Asparagus
Apples
Spinach
Corn
Cabbage
Cherries
Mango

Vitamin K

(Intestinal synthesis)
Blackstrap molasses
Cauliflower
Dark, leafy greens
Safflower oil
Asparagus
Broccoli
Brussels sprouts
Cabbage

Boron

Apples
Broccoli
Carrots
Pears

Raw nuts
Whole grains
Dark, leafy greens

Calcium

Broccoli
Raw sesame seeds
Raw sunflower seeds
Dark, leafy greens
Spinach
Mustard greens
Okra
Raw almonds
Trout, rainbow
Dulse
Wakame

Chromium

Barley
Brewer's yeast
Broccoli
Apples
Grapes
Mushrooms
Raisins
Raw nuts
Oysters
Potatoes
Rhubarb
Wheat cereals
Whole grains

Copper

Legumes
Avocado
Raw almonds
Raw walnuts
Raisins
Seafood
Sweet potatoes
Whole grains

Iron

All-Bran cereal
Prunes
Lentils
Raw pumpkin seeds
Winter squash
Brussel sprouts
Raw almonds
Spinach
Raw pine nuts
Kidney beans
Asparagus

Dark, leafy greens
Trout, rainbow

Magnesium

All-Bran cereal
Pumpkin seeds
Strawberries
Raw sunflower seeds
Raw almonds
Okra
Spinach
Lentils
Mangos
Oatmeal
Raw sesame seeds

Potassium

Bananas
Lentils
Papaya
All-Bran cereal
Spinach
Potato
Winter squash
Avocado
Dark, leafy greens
Okra
Cantaloupe

Selenium

Barley
Raw brazil nuts
Brewer's yeast
Broccoli
Cabbage
Celery
Garlic
Mushrooms
Onions
Whole grains

Zinc

All-Bran cereal
Mushrooms
Lentils
Dark, leafy greens
Raw pumpkin seeds
Raw sunflower seeds
Tahini
Onions
Raw almonds
Raw pine nuts



"Most people do not consume an optimal amount of all vitamins by diet alone."
Fletcher & Fairfield, "Vitamins for Chronic Disease Prevention in Adults", JAMA, June 19, 2002.

We recommend Optimal 2-Vitamin/Mineral/Antioxidant.

*Contents of nutrients will vary from crop to crop.