

Food Sources of Vitamins and Minerals

Hey People!

Here's a pretty comprehensive list of food sources of vitamins and minerals.

A word of caution: Since we are following the autoimmune protocol there will be some foods here that you cannot eat in the elimination phase or maybe ever.

However, I wanted to provide a pretty comprehensive list so that you can get a sense what's available outside of a multi-vitamin or supplement.

* I have put foods that ***should not be eaten*** in the elimination phase in bold italics.

VITAMIN A: ***red pepper***, dandelion greens, carrot, apricot, kale, mustard greens, watercress, sweet potato, parsley, spinach, turnip, swiss chard, cantaloupe, broccoli

VITAMIN B1: ***rice bran, wheat germ, sunflower seeds, peanut, soybean, pinto bean, peas, millet, lentils, almonds***, turnip greens, collard greens, kale, asparagus

VITAMIN B2: salmon, trout, cod, mackerel, perch, oysters, ***mushrooms, almonds***, hijiki

VITAMIN B3: ***rice bran, peanuts, red pepper, wild rice***, kelp, ***sesame seed***, peaches, ***brown rice, mushrooms, barley, almonds***, apricot

VITAMIN B5 (PANTOTHENIC ACID): beef, chicken, salmon, mackerel, sardines, ***barley, rice***, avocado, plums, raisins, ***almonds***, dates

VITAMIN B6: banana, *barley*, brewer's yeast, molasses, *soybeans*, *wheat bran*, *brown rice*, liver, beef, cabbage, carrots, *potato*, yams

VITAMIN B12: beef liver, beef kidney, ham, sole, scallops, *eggs*, *oats*, soybean miso, soy sauce, tempeh, pickles, *amasake*, *nut and seed yogurts*, *sourdough bread*, algae, spirulina and chlorella, brewer's yeast

BIOTIN: beef liver, *peanuts*, *eggs*, peas, cauliflower, *mushrooms*, *filberts*

VITAMIN C: *red pepper*, currants, kale, parsley, turnip greens, mustard, spinach, *green bell pepper*, broccoli, Brussels sprouts, cauliflower, lemon, orange, red cabbage

VITAMIN E: *soybean oil*, *corn oil*, *navy bean*, *oatmeal*, green peas, *brown rice*, turnip greens, sweet potatoes, parsley

VITAMIN K: spinach, cauliflower, cabbage, carrots, *soybeans*, liver, *oats*

BIOFLAVONOIDS: lemon, lime, grapefruit, orange, *red pepper*, prune, parsley, apricot, plum, cherry, *walnut*, buckwheat

BORON: *soybeans*, prunes, raisins, almonds, rosehips, *peanuts*, *hazelnuts*, dates, honey, *wine*

CALCIUM: *sesame seed*, kelp, agar, dulse, collard greens, kale, turnip greens, *almond*, *soybean*, mustard greens, *filbert*, parsley, dandelion greens, *brazil nut*, spoon cabbage, watercress, *chickpea*, *white bean*, *pinto bean*, horseradish, *pistachio*, *red pepper*, *figs*, *sunflower seed*

CHROMIUM: *beer*, brewer's yeast, *brown rice*, *beans*, *mushrooms*, *potatoes*

COPPER: oysters, liver, chocolate, cocoa, *mushrooms, almonds, pecans*, avocado, *rye, walnuts*

FLOURIDE: seafood, seaweed

FLOURINE: tea, sardines, salmon, mackerel, shrimp, kale, *potatoes*, spinach, apples

FOLIC ACID: liver, asparagus, *lima beans*, spinach, swiss chard, kale, cabbage, *sweet corn*

IODINE: kelp, dulse, agar, swiss chard, turnip greens, summer squash, mustard greens, watermelon, cucumber, spinach, asparagus, kale, turnip

IRON: dulse, kelp, *rice bran, pumpkin seeds, beans, lentil*, parsley, *walnut*, apricot, *almond*, raisins, swiss chard, spinach, dates, fig, kale, cucumber, cauliflower, cabbage, molasses

LYSINE: chicken, *yoghurt, ricotta, cheese*, avocado

MAGNESIUM: kelp, *wheat bran, wheat germ, almonds, cashews, soybeans, brazilnut*, dulse, *peanut, walnut, filbert, sesame seed, lima beans*, peas, *millet*

MANGANESE: *oatmeal, whole wheat, peas, beans, egg yolk*, spinach, kale, bananas, *nuts*, pineapple, *sunflower seeds*

MOLYBDENUM: *buckwheat, eggs, oats, soybean, lima beans, barley, lentils, sunflower seeds*, liver

PANTHOTHENIC ACID: liver, broccoli, *mushrooms, eggs, peanuts, oils, peas, soybeans*, sweet potatoe

POTASSIUM: dulse, kelp, **soybean, lima bean, rice bran**, banana, **red pepper, white bean, pinto bean**, apricot, peach, prune, **sunflower seed, chickpea, lentil, almond**, raisin, parsley, **sesame seed**, avocado

SELENIUM: **brazil nuts, brown rice**, brewer's yeast, **eggs**, garlic, liver

SULFUR: kale, watercress, brussels sprouts, horseradish, cabbage, cranberry, turnip, cauliflower, raspberry, spinach, red cabbage, kelp, parsnip, leek, radish, cucumber, celery

ZINC: oysters, herring, liver, **oatmeal, wheat bran**, maple syrup, brewer's yeast, **sunflower seeds, soybeans, mushrooms, sardines, pecans, pumpkin seeds**