

Need more nutrients? Where do I get it?

Calcium	Whitebait, cheese, tinned salmon and sardines. Yoghurt, milk, tofu, legumes, dark green leafy vegetables, tahini
Chromium	Brewer's yeast, wholegrains, liver, beef, molluscs, mushrooms, legumes
Copper	Liver, shellfish, oysters, tomato paste, chestnuts, almonds, cashews, olives, walnuts, beef, mushrooms, chocolate, legumes,
Folic acid	Green leafy vegetables, enriched cereals, lentils and legumes
Iodine	Haddock, mackerel, cod, seaweed, kelp (iodised salt)
Iron	Liver and organ meats, red meat, oysters, mussels, enriched cereals, molasses, green leafy vegetables, tomato paste, lentils, 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	Kidney, pork, tomato sauce, wheatgerm, green vegetables, strawberries,
Potassium	Tomato paste, vegetable curry, vegetable soup, vegetables, fruits and fruit juices, legumes, raisins,

	dried apricots, dates,
Selenium	Brazil nuts, poultry, wholegrains, shellfish and fish, molasses, cashews, eggs, organic onion, garlic, and broccoli,
Zinc	Oysters, shellfish, fish, red meat, popcorn, sesame seeds, sunflower seeds, pepitas, walnuts, almonds, muesli, dahl, wheatgerm, tomato paste,
Mono-unsaturated fats	Olive oil, canola oil, peanut oil, avocado
Omega 3 fatty acids	Mackeral, tuna, salmon, herring, sea mullet, redfish, flounder, trevally, tailor, tarwhine, Sydney rock oyster, blue mussel, rainbow trout, whiting Flaxseed oil, hempseed oil, canola oil, soybean oil, soybean, walnuts
Omega 6 fatty acids	Safflower oil, sunflower oil, corn oil, soybean oil, sesame oil, canola oil, avocado, soybeans, pepitas, walnuts,
Vitamin A	Organ meats, cold liver oil, poultry, cornmeal, cream, cheese, egg yolk,
Beta-carotene	Pumkin, 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	Liver, beef, fortified cereals, poultry, wild rice, dairy, soy milk, brewer's yeast,

Vitamin B3 Niacin	Liver, red meat, fish, poultry, pork, fortified cereals and milks, wheatgerm, peanuts, legumes, brewer's yeast,
Vitamin B5 Pantothenate	Peanuts, organ meat, avocado, hazelnut, mushroom, sunflower seed, brewer's yeast
Vitamin B6 pyridoxine	Muesli, wholegrains, fortified cereals, liver, tuna, sunflower seeds, lentils, kidney beans, avocado, peas, nuts, banana
Vitamin B12	Liver, kidney, molluscs, poultry, crustaceans, fish, fortified cereals, eggs, dairy, soy milk
Vitamin C	Guava, red capsicum, brussel sprouts, citrus juice concentrate, papayas, kiwi fruit, blackcurrants, mango, cabbage, broccoli, strawberries, lychees, oranges, sprouts.
Bioflavenoids	Citrus fruits, berries, apricots, grapes, papaya, green tea, capsicum, tomatoes
Vitamin D	Mackeral. Herring, kipper, tinned salmon and sardines, eggs, butter, fortified milks, cold 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, pork liver, normal intestinal flora

Nutrmedicine 2002 nutrient food list