## Rich Food Sources of Vitamins and Minerals

<table>
<thead>
<tr>
<th>Vitamin</th>
<th>Rich Food Sources</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>VITAMIN A</strong></td>
<td>Liver, Eggs, Yellow fruits and vegetables, Whole milk and milk products, Fish-liver oil</td>
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<tr>
<td><strong>VITAMIN B1</strong>   (thiamine)</td>
<td>Brewer’s yeast, Whole grains, Wheat germ, Whole-grain flour, Rice bran, Blackstrap molasses, Brown rice, Organ meats, Meats, fish, poultry, Salmon, Pork, Egg yolks, Legumes, Chickpeas, Kidney beans, Navy beans, Soybeans, Sunflower seeds</td>
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<tr>
<td><strong>VITAMIN B2</strong>   (riboflavin)</td>
<td>Organ meats, Fish and pork, Eggs, Cheese, Milk, Yogurt, Almonds, Chicken, Kidney (beef), Brewer’s yeast, Wheat germ</td>
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<tr>
<td><strong>VITAMIN B3</strong>   (niacin)</td>
<td>Beets, Brewer’s yeast, Pork, Turkey, Chicken, Veal, Fish, Salmon, Swordfish, Tuna, Sunflower seeds, Peanuts</td>
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<tr>
<td><strong>VITAMIN B6</strong>   (pyridoxine)</td>
<td>Avocados, Bananas, Carrots, Lentils, Brown rice, Bran (wheat, rice), Soybeans, Sunflower seeds, Filberts, Tuna, Shrimp, Salmon, Wheat germ, Whole-grain flour</td>
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<tr>
<td><strong>Biotin</strong></td>
<td>Egg yolks, Liver, Unpolished rice, Brewer’s yeast, Whole grains, Sardines, Legumes</td>
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<tr>
<td><strong>VITAMIN B12</strong>  (cyanocobalamin)</td>
<td>Beef, Cheese, Eggs, Fish, Clams, Milk and milk products</td>
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<tr>
<td><strong>VITAMIN C</strong></td>
<td>Citrus fruits, Rose hips, Acerola cherries, Alfalfa seeds, sprouted, Black currants, Guava, Papaya, Grapefruit, Lemons, Orange juice, Tomatoes, Pimientos, Cantaloupe, Strawberries, Kiwi fruit, Broccoli, Red and green peppers, Brussels sprouts, Cabbage, Cauliflower, Kale, Peas</td>
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<tr>
<td><strong>VITAMIN D</strong></td>
<td>Eel, Pilchard, Salmon, Sardines, Herring, Mackerel, Tuna, Vitamin D-fortified milk, Milk products, Yogurt, Egg yolks, Organ meats, Fish-liver oils, Bone meal</td>
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<tr>
<td><strong>Calcium</strong></td>
<td>Milk and milk products, Yogurt, Ricotta, Parmesan, Green leafy vegetables, Collards, Broccoli, Tofu, Soybeans, Okra</td>
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<tr>
<td><strong>Chromium</strong></td>
<td>Honey, Grapes, Raisins, Corn oil, Clams, Whole-grain cereals, Brewer’s yeast</td>
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<tr>
<td><strong>Choline</strong></td>
<td>Egg yolks, Organ meats, Brewer’s yeast, Whole grains, Wheat germ, Soybeans, Fish, Legumes, Lecithin</td>
</tr>
<tr>
<td><strong>Magnesium</strong></td>
<td>Shellfish, Mackerel, Salmon, Sardines, Molasses, Bone meal, Dolomite</td>
</tr>
</tbody>
</table>
VITAMIN E
Cold-pressed oils
Eggs
Wheat germ
Organ meats
Molasses
Sweet potatoes
Leafy vegetables
Sunflower seeds
Walnuts
Peanuts
Brazil nuts
Cashews
Pecans
Almonds
Hazelnuts
Wheat germ
Soybeans
Lima beans
Desiccated liver

IRON
Organ meats
Meats
Eggs
Fish and poultry
Blackstrap molasses
Cherry juice
Green leafy vegetables
Dried fruits
Desiccated liver

VITAMIN K
Green leafy vegetables
Egg yolks
Safflower oil
Blackstrap molasses
Cauliflower
Soybeans

MAGNESIUM
Seafood
Whole grains
Dark green vegetables
Molasses
Nuts
Bone meal

PHOSPHORUS
Fish, meats, poultry
Eggs
Legumes
Milk and milk products
Nuts
Whole-grain cereals
Bone meal

POTASSIUM
Lean meats
Red snapper
Salmon
Yogurt
Whole grains
Potatoes
Beet greens
Acorn squash
Avocado

Information provided from Robert Crayhon’s Nutrition Made Simple.