

FOODS HIGH IN ESSENTIAL NUTRIENTS

This sheet is compiled to encourage a nutritious diet including a variety of natural wholefoods.

PROTEIN

Meat - Beef, Lamb, Mutton,
Pork, Chicken, Veal, Turkey
All fish
Cheeses
Eggs
Protein powder - whey, soy
Legumes
Nuts

AMINO ACIDS

Iso-leucine

Pumpkin seeds
Cheese - esp cheddar
Chicken, Turkey
Meats
Fish - esp Trout
Peanuts
Legumes
Nuts

Methionine

Spirulina
Cheeses - esp Parmesan
Red meat
Chicken, Turkey
Soy Protein
Nuts & seeds

Cysteine

Meats
Dairy
Egg yolks
Nuts & seeds
Brassica vegetables

Phenylalanine/Tyrosine

Soy Protein
Spirulina
Cheese
Meat
Legumes
Nuts & seeds

Threonine

Whey protein
Soy Protein
Bakers yeast
Spirulina
Meat
Legumes
Nuts & seeds

Tryptophan

Soy protein
Spirulina
Bran - wheat, oats
Cheeses
Meats
Nuts & seeds
Eggs

Valine

Pumpkin / Sesame seeds
Meats
Eggs
Nuts
Cottage cheese
Legumes
Trout / Cod / Prawns
Rice

VITAMINS

Vitamin A

Fish liver oil- halibut, cod
Liver- Veal, lamb, beef,
chicken
Egg yolk
Butter
Carrots
Tomatoes
Rockmelon
Apricots
Mangos
Pumpkin
Peaches
Spinach
Sweet potato - kumera
(Basil / Chives / Parsley
Chilli

Vitamin B1 (Thiamine)

Yeast, brewers
Yeast spreads
Wheat germ (fresh)
Sunflower seeds
Sesame seeds - Tahini
Soybeans
Buckwheat
Wheat bran
Oatmeal
Pork
Cashew
Peanuts
Mustard powder

Vitamin B2 (Riboflavin)

Brewers yeast
Yeast spreads
Liver-Beef, chicken, lamb,
veal
Kidney- Beef, lamb, veal
Almonds
Cheese - parmesan,
cheddar
Wheat germ (fresh)
Milk powder - cow/goat
Almonds
Egg yolk
Chilli
Mussels
Oysters
Anchovies
Broccoli (raw)
Parsley

Vitamin B3 (Niacin)

Bakers yeast
Dried yeast
Yeast spread
Rice bran
Wheat bran
Rice flour
Peanuts
Red meats
Kidney - Beef, lamb, veal,
pork
Liver - Veal, lamb, beef,
chicken
Emu
Chicken
Salmon
Sardines, anchovy
Tuna
White fish
Chilli
Passionfruit
Sesame, sunflower seeds

Vitamin B5

(Pantothenic acid)

Liver - Lamb, chicken
Dried yeast
Yeast spread
Rice bran
Cheese - camembert, brie
Egg yolk
Mutton
Pork
Cashews
Peanuts
Cocoanut - dried
Crab
Salmon
Mushrooms - stir fried

Vitamin B6 (Pyridoxine)

Kangaroo
Chicken
Turkey (lean)
Mutton
Veal
Salmon
Silverbeet
Eggplant (aubergine)
Sunflower seeds
Pistachio nuts

Vitamin B12

(Cyanocobalamin)

Liver- chicken
Sardines
Mussels,
Oysters
Rabbit
Egg – duck & chicken
Scallops
Crab
Mullet
Snapper
Cheese - camembert, brie
Beef
Veal
Lamb
Turkey

Folate

Yeast spread
Liver - Chicken, lamb
Vege juice - carrot, celery,
silverbeet, parsley
Orange juice
Cocoa powder
Flour - chickpea, soy
Wheat germ
Wheat bran
Limes
Hazelnuts (raw)
Peanuts (raw)
Sesame seeds
Spinach
Cabbage
Chives
Watercress

Biotin

Yeast spread
Rice bran
Sundried tomatoes
Almonds
Peanuts (roasted)
Hazelnuts, pistachios
Sunflower seeds
Soybeans (cooked)
Mushroom
Broccoli
Pork, chicken, turkey

Vitamin C

Blackcurrant juice
Guava
Banana
Blackberry
Red Chilli peppers
Red peppers
Parsley
Watercress
Cabbage
Strawberries
Papaya
Rockmelon
Citrus fruits
Broccoli
Brussel sprouts
Green peppers
Cauliflower
Kohlrabi
Snowpeas

Bioflavonoids

Fresh fruits
Fresh vegetables
Fresh herbs
Tea - Green, black
Red wine (resveratrol)
Soy (isoflavones)
Chocolate - dark
Blue/black berries,
Citrus fruits
Brassica veges - esp
Broccoli

Vitamin D

Herring - pickled
Sardine - in tomato sauce
Calamari
Cheese
Milk
Egg yolk

Vitamin E

Wheat germ
Sesame seeds - tahini
Sunflower oil
Safflower oil
Oil- Maize, canola, olive,
soy
Egg yolk
Almonds
Sunflower seeds
Olives

Vitamin K

Kale - raw
Silverbeet
Spinach
Broccoli
Parsley
Oil - soybean, canola

ESSENTIAL FATTY ACIDS

Omega 6:

Oils: Safflower,
Corn, Sunflower, Soybean,
Sesame
Pine nuts
Brazil nuts

Omega 3:

Fish
Fish oils
Flax seed oil
Walnuts
Oils: Walnut, Canola,
Soybean

FOODS HIGH IN ESSENTIAL NUTRIENTS

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MINERALS**Calcium**

Dairy products:
Cheeses/ Cream/ Milk/
Yoghurt
Soy products:
Milk/ Flour/ Tofu / Lethicin
Wheat germ
Figs - dried
Eggs - yolk
Licorice -confectionary
Lemon zest
Cinnamon - ground
Oregano - dried
Tahini
Duck meat
Almonds
Brazil nuts
Sunflower seeds
Salmon
Sardines
Anchovy
Snapper
Crab meat
Fish paste
Shellfish
Prawns
Cabbage- Bok
choy/mustard
Spinach
Basil - fresh
Chives - fresh
Parsley - fresh

Chromium

Ham
White fish
Parsley - fresh
Olives
Cottage cheese

Copper

Liver- lambs fried
Smoked fish / eel / trout
Cocoa powder
Soy flour
Bulghur
Flour - rye, wholemeal
Oats & oatbran
Wheat bran & wheatgerm
Dried fruits: Apricots /
currants /
figs / dates
Nuts: Brazil /
almonds/hazelnut
cashew / pine / pistachio/
cocoanut
Sunflower seeds
Tahini

Flourine

Gelatine
Bakers yeast
Black tea (no milk)
Yeast spread
Bulghur
Licorice
Rabbit
Duck
Turkey (lean)
Tahini
Fish paste
Sardines
Mullet
Zucchini

Iodine

Iodised table salt
Cocoa powder
Milk - evaporated / skim
Fish paste
Egg yolk
Sushi
Oysters
Scallops

Iron

Red meats
Liver / kidney
- chicken, lamb, veal
Nuts: Almonds/ cashews/
hazelnut / pine
Sesame seeds
Tahini
Eggs
Oysters
Mussels
Parsley
Cocoa powder
Corriander - fresh
Watercress
Spinach
Silverbeet
Chicory
Chilli - red & green
Basil - fresh
Tomato - sundried
Soy flour
Miso
Tempeh
Tofu

Magnesium

Red meat
Chicken liver
Pork, chicken, turkey
Chicken
Turkey
Nuts: Almond / Brazil/
cashew
Hazelnut/ Pecan, Peanuts/
Pine
Pecan/ Pistachio/ Walnut
Sesame seeds
Tahini
Sunflower seeds
Yeast - bakers / dried /
spread
Licorice (confectionary)
Chocolate (dark)
Chilli powder
Curry powder
Mustard powder
Goats milk
Dried fruit: Apple / apricot/
currant/ dates/ figs/ sultana/
prunes
Passionfruit
Banana
Blackberry
Raspberry
Legumes
Shallots
Spinach
Parsley

Manganese

Nuts: Almond/ cashew/
cocoanut
hazelnut/ macadamia/
ninenut

Sunflower seeds
Soy: milk, flour
Tofu
Tempeh
Tomato - sundried
Parsley
Silverbeet, spinach

Phosphorus

Red meat
Fish - all types
Shellfish
Yeast spread
Cheeses - all
Dairy: milk/ yoghurt
Eggs
Dried fruit: apricots/currants
dates/ figs/ sultanas/
prunes
Banana
Berries- all types
Stone fruit: peaches/ plums/
nectarines
Grapes
Legumes:
Beans/chickpeas/
chickpeas/ dried peas
Soy: lethicin/ milk/ flour
Tofu
Sunflower seeds
Sesame seeds - tahini
Mushrooms
Sweetcorn
Tomato - sundried
Green peas

Potassium

Red meat
Fish - all types
Yeast spread
Cheeses - all
Dairy: cream/ milk/ yoghurt
Eggs
Apples
Apricots
Banana
Berries - all types
Cherries
Grapes
Citrus fruits
Melon
Passionfruit
Pears
Nuts & Seeds: all types
Soy: milk/ flour
Tofu
Tempeh
Artichoke
asparagus
Avocado
Broccoli
Brussel sprouts
Cabbage - all types
Celeriac
Celery
Chilli - red, green
Garlic
Ginger
Mushrooms
Onions
Parsnips
Potatoes - all types
Pumpkin
Shallot
Snowneas

Tomatoes - sundried
All raw vegetables
Selenium
Brazil nuts
Mushrooms
Eggs - yolk
Flour:rice/rye/wheat/
wholemeal
Red meats
Oat bran
Oats
Wheat bran
Wheat germ (fresh)
Mustard powder
Yeast spreads
Cheeses - esp cheddar
Sesame seeds - Tahini
Fish - all types

Silica

Horsetail
Oats
Barley
Millet
Black tea
Alfalfa
Chickweed
Potatoes
Kelp

Sulphur

Egg yolks
Red meats
Chicken, turkey
Nuts: Almond, brazil,
cashew, hazelnut,
macadamia, pine, peanut,
pistachio
Cocoa powder
Mustard powder
Yeast spread
Licorice -confectionary
Tomato - sundried
Olives - green, black

Zinc

Oysters
Red meats
Liver - chicken/ veal/ lamb
Nuts: Brazils, almond,
cashew, chestnuts,
peanuts, pecan, pine,
walnuts
Chicken
Duck
Turkey
Cheese - esp hard yellow
types & blue vein
Yeast spread
Tomatoes - sundried
Eggs
Tahini
Sesame seeds
Sunflower seeds
Garlic
Green peas
Parsley - fresh
Basil - fresh
Broad beans
Butter beans
Spinach
Mushrooms

Avocado	pecan/ walnut	Spinach
Lettuce - iceberg	Licorice (confectionary)	Sweet potato - kumera
Tomato	Sesame seeds - tahini	Turnips

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