

<b><i>Vitamin A (Retinol)</i></b>	<b><i>mcg</i></b>	<b><i>serving</i></b>
Cod Liver oil	4051	1 Tbsp.
Whole milk	68.3	1 cup
Egg Yolk	62.1	1 large
Fortified foods: cereals, bars, etc.	Varies	
Skim milk, fortified w/Vit A	149	1 cup

<b><i>Vitamin E</i></b>	<b><i>mg</i></b>	<b><i>serving</i></b>
Sunflower Seeds	18	.25 cup
Almonds, dry, roasted	9	.25 cup
Olives	4	1 cup
Turnip Greens	3	1 cup
Swiss Chard	3	1 cup
Papaya	3	1 cup
Spinach	2	1 cup
Kiwi Fruit	1	1 whole
Kale	1	1 cup
Brussels Sprouts	1	1 cup

<b><i>Thiamin B1</i></b>	<b><i>mg</i></b>	<b><i>serving</i></b>
Sunflower Seeds	0.8	.25 cup
Split Peas	0.4	1 cup
Navy Beans	0.4	1 cup
Green Peas	0.4	1 cup
Black Beans	0.4	1 cup
Sesame Seeds	0.3	.25 cup
Oats	0.3	1 cup
Lentils	0.3	1 cup

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Kidney Beans	0.3	1 cup
Lima Beans	0.2	1 cup

<b>Folate</b>	<b>mcg</b>	<b>serving</b>
Lentils, cooked	358	1 cup
Pinto Beans, cooked	294	1 cup
Chickpeas, Garbanzo Beans, cooked	282	1 cup
Asparagus, boiled	263	1 cup
Spinach, boiled	262	1 cup
Black Beans, cooked	256	1 cup
Turnip Greens	171	1 cup
Romaine Lettuce	152	2 cup
Beets, cooked	136	1 cup
Papaya	116	1 whole

<b>Pantothenic Acid</b>	<b>mg</b>	<b>serving</b>
Shitake Mushrooms	3.6	100 g
Sunflower Seeds	2	.25 cup
Crimini Mushrooms, Raw	2	5 oz
Avocado	2	1 whole
Salmon. Cooked	1.63	3 oz
Sun Dried Tomatoes	1.1	1 cup
Yogurt	1	1 cup
Winter Squash, baked	1	1 cup
Corn, cooked	1	1 cup
Chicken, cooked	0.98	3 oz
Sweet Potato, cooked	0.88	1/2 cup
Milk	0.83	1 cup
Broccoli, Steamed	0.8	1 cup
Lentils, cooked	0.63	1/2 cup

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Egg, Whole, Boiled	0.6	1 each
Cauliflower, Boiled	0.6	1 cup
Split Peas, cooked	0.58	1/2 cup
Strawberries	0.5	1 cup
Whey Powder	0.45	1 tbsp
Turnip Greens, cooked	0.4	1 cup

### **Calcium (Non Dairy)**

	<b>mg</b>	<b>serving</b>
Sesame Seeds	351	.25 cup
Spinach	245	1 cup
Collard Greens	226	1 cup
Turnip Greens	197	1 cup
White Beans, cooked	113	1/2 cup
Swiss Chard	102	1 cup
Tofu	100	4 oz
Kale	94	1 cup
Broccoli, steamed	75	1 cup
Red Beans, cooked	41	1/2 cup

### **Copper**

	<b>mg</b>	<b>serving</b>
Sunflower Seeds	1	.25 cup
Sesame Seeds	1	.25 cup
Crimini Mushrooms, raw	1	5 oz
Tempeh, cooked	0.6	4 oz
Quinoa, raw	0.5	.25 cup
Pumpkin Seeds	0.5	.25 cup
Walnuts	0.4	.25 cup
Potato with skin	0.4	1 cup
Avocado	0.4	1 cup
Spinach, cooked	0.3	1 cup

### **Magnesium**

	<b>mg</b>	<b>serving</b>
Edamame	196	1/2 cup
Pumpkin Seeds, raw	185	.25 cup
Spinach, boiled	157	1 cup
Swiss Chard	150	1 cup
Soybeans	148	1 cup

Salmon	138	4 oz
Sunflower Seeds	128	.25 cup
Sesame Seeds	126	.25 cup
Brazil Nuts	125	1/4 cup
Halibut	121	4 oz
Black Beans	121	1 cup
Millet	106	1 cup
Oat Bran	96	1/2 cup
Dark Baking Chocolate	95	1 square
Almonds	90	1/4 cup

<b>Potassium</b>	<b>mg</b>	<b>serving</b>
Swiss chard, boiled	961	1 cup
Lima beans	955	1 cup
Yam, cooked	911	1 cup
Winter squash, baked	896	1 cup
Avocado	875	1 cup
Spinach, boiled	839	1 cup
Papaya	781	1 whole
Lentils	730	1 cup
Beets, boiled	519	1 cup

Banana	467	1 whole
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## NUTRIENT RICH FOODS

### Fat Soluble Vitamins

<b><i>Beta-Carotene</i></b>	<b><i>mcg</i></b>	<b><i>serving</i></b>
Sweet Potatoes, cooked	14733	1 whole
Spinach, frozen	13750	1 cup
Carrots, cooked	12998	1 cup
Kale, cooked	11470	1 cup
Turnip greens, cooked	10593	1 cup
Carrots, raw	9114	1 cup
Squash, Winter	5726	1 whole
Pumpkin, Cooked	5135	1 cup
Lettuce, raw	3239	1 head
Cantaloupe	3232	1 cup

<b><i>Vitamin K</i></b>	<b><i>mcg</i></b>	<b><i>serving</i></b>
Kale cooked	1062	1 cup
Spinach cooked	889	1 cup
Collards cooked	704	1 cup
Beet greens cooked	697	1 cup
Turnip greens cooked	529	1 cup
Mustard Greens, cooked	419	1 cup
Brussel Sprouts cooked	219	1 cup
Romaine Lettuce	115	2 cup
Broccoli cooked	115	1 cup
Asparagus	92	1cup

### Water Soluble Vitamins

<b><i>Riboflavin B2</i></b>	<b><i>mg</i></b>	<b><i>serving</i></b>
Spelt Flour	1.3	2 oz
Crimini Mushrooms, raw	0.7	5 oz
Venison	0.68	4 oz
Yogurt, Low fat	0.52	1 cup
Soybeans	0.5	1 cup
Tempeh, cooked	0.4	4 oz
Spinach	0.4	1 cup
Cows Milk, 2%	0.4	1 cup

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Beef Tenderloin, cooked	0.4	4 oz
Goat Milk	0.3	1 cup

<b><i>Pyridoxine B6</i></b>	<b><i>mg</i></b>	<b><i>serving</i></b>
Banana	0.68	1 whole
Chicken	0.64	4 oz
Snapper, baked	0.52	4 oz
Salmon	0.52	4 oz
Cod Fish, baked	0.52	4 oz
Turkey, cooked	0.52	4 oz
Halibut	0.45	4 oz
Spinach	0.44	1 cup
Potato with Skin	0.42	1 cup
Garlic	0.35	1 oz
Cabbage	0.3	1/2 cup
Brussels Sprouts	0.28	1 cup
Turnip Greens	0.26	1 cup
Red Bell Peppers	0.23	1 cup
Asparagus	0.22	1 cup
Broccoli	0.22	1 cup
Cauliflower	0.21	1 cup

<b><i>Biotin</i></b>	<b><i>mcg</i></b>	<b><i>serving</i></b>
Egg, cooked	25	1 large
Swiss Chard	10.5	1 cup
Avocado	6	1 whole
Salmon cooked	4	3 oz
Cauliflower, raw	4	1 cup
Chicken, cooked	3	3 oz
Raspberries	2	1 cup
Artichoke, cooked	2	1 medium

## Minerals

<b>Calcium (Dairy)</b>	<b>mg</b>	<b>serving</b>
Yogurt, low fat	447	1 cup
Cows Milk, low fat	397	1 cup
Goats Milk	326	1 cup
Cheese, low fat	184	1 oz

<b>Iodine</b>	<b>mcg</b>	<b>serving</b>
Kelp	415	.25 cup
Haddock	206	3 oz
Cranberries	200	2 oz
Cod	99	3 oz
Yogurt, low fat	87	1 cup
Potato with Peel, baked	60	1 medium
Cows Milk	59	1 cup
Shrimp	35	3 oz
Turkey Breast, baked	34	3 oz
Navy Beans	32	1/2 cup
Egg Whole Cooked	24	1 whole
Strawberries	13	1 cup
Cheddar Cheese	12	1 oz

<b>Manganese</b>	<b>mg</b>	<b>serving</b>
Pineapple	2.6	1 cup
Brown Rice	1.8	1 cup
Spinach, boiled	1.7	1 cup
Chickpeas	1.7	1 cup
Tempeh	1.5	4 oz

Soybeans	1.4	1 cup
Oats	1.4	1 cup
Spelt	1.2	2 oz
Raspberries	1.2	1 cup
Collard Greens	1.1	1 cup

<b>Selenium</b>	<b>mcg</b>	<b>serving</b>
Brazil Nuts	544	6 whole
Oysters	175	4 oz
Orange Roughy	100	4 oz
Lobster	67	4 oz
Crab, cooked	55	3 oz
Dungeness Crab, cooked	54	4 oz
Salmon, boiled	53	4 oz
Halibut, boiled	53	4 oz
Cod, baked	53	4 oz
Pork Chop, cooked	49	4 oz
Pork	47	4 oz
Shrimp, boiled	44	4 oz
Barley, cooked	36	1 cup
Turkey	33	4 oz
Sunflower Seeds	25	1/4 cup
Whole Wheat Bread	23	2 slices
Chicken, light meat	19	4 oz
Oats, cooked	19	1 cup
Brown rice, cooked	19	1 cup



<b>Vitamin D</b>	<b>IU</b>	<b>serving</b>
Salmon, baked	411	4 oz
Sardines, Canned	231	3 oz
Mackerel, canned	213	3 oz
Shrimp, Boiled	162	4 oz
Soy milk, fortified w/ Vit D	100	8 oz
Cows milk, fortified w/ Vit D	98	8 oz
Cod, baked	64	4 oz
Eggs Whole	23	1 whole

Sources:

[Worlds Healthiest Foods: www.whfoods.com/](http://www.whfoods.com/)

[Linus Pauling Institute: www.lpi.oregonstate.edu/infocenter/](http://www.lpi.oregonstate.edu/infocenter/)

[USDA: www.ars.usda.gov/Main/docs.htm?docid=15869](http://www.ars.usda.gov/Main/docs.htm?docid=15869)

[Nutriton Data: www.nutritiondata.com](http://www.nutritiondata.com)

<b>Niacin B3</b>	<b>mg</b>	<b>serving</b>
Chicken Breast	14	4 oz
Salmon, baked	11	4 oz
Lamb Loin, roasted	8	4 oz
Halibut	8	4 oz
Turkey	7	4 oz
Spelt	5	2 oz
Beef Tenderloin, cooked	4	4 oz
Shrimp	3	4 oz

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Green Peas, Boiled	3	1 cup
Cod Fish, baked	3	4 oz

<b><i>Cobalamin B12</i></b>	<b><i>mcg</i></b>	<b><i>serving</i></b>
Snapper, baked	4	4 oz
Salmon	3	4 oz
Beef Tenderloin	3	4 oz
Scallops, baked	2	4 oz
Lamb Loin	2	4 oz
Halibut	2	4 oz
Yogurt, Low fat	1	4 oz
Cows Milk	1	1 cup
Cod	1	4 oz
Whole Egg	0.5	1 whole

<b><i>Ascorbic Acid Vit C</i></b>	<b><i>mg</i></b>	<b><i>serving</i></b>
Papaya	188	1 whole
Peppers, red, raw	175	1 cup
Broccoli, cooked	123	1 cup
Brussels Sprouts	97	1 cup
Strawberries, raw	82	1 cup
Mango	57	1 whole
Cauliflower	55	1 cup
Kale	53	1 cup
Lemon juice	28	1 cup
Romaine Lettuce	27	2 cup

<b>Chromium</b>	<b>mcg</b>	<b>serving</b>
Onions	25	1 cup
Romaine lettuce	16	2 cup
Broccoli	11	1/2 cup
Tomato	9	1 cup
Turkey Breast	1.7	3 oz
Potato	1.4	1/2 cup
Apple with Peel	1.4	medium
Green Beans	1.1	1/2 cup
Banana	1	1 medium

<b>Iron</b>	<b>mg</b>	<b>serving</b>
Soybeans	9	1 cup
Lentils	7	1 cup
Tofu	6	4 oz
Spinach, boiled	6	1 cup
Garbanzo beans, cooked	5	1 cup
Thyme, dried	4	2 tsp
Swiss chard	4	1 cup
Shiitake mushroom	4	8 oz
Quinoa, raw	4	.25 cup
Black beans	4	1 cup
Green peas, boiled	2	1 cup

<b>Phosphorus</b>	<b>mg</b>	<b>serving</b>
Swiss Chard, boiled	961	1 cup
Winter Squash, baked	896	1 cup
Spinach, boiled	839	1 cup
Crimini Mushrooms, raw	635	5 oz
Broccoli, steamed	505	1 cup

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Collard Greens	494	1 cup
Cantaloupe	494	1 cup
Green Beans	374	1 cup
Summer Squash	346	1 cup

Kale	296	1 cup
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<b>Zinc</b>	<b>mg</b>	<b>serving</b>
Mushrooms	11	4 oz
Beef Tenderloin	6	4 oz
Lamb loin, cooked	5	4 oz
Sesame Seeds	3	.25 cup
Pumpkin Seeds	3	.25 cup
Yogurt, Low fat	2	1 cup
Shrimp	2	4 oz
Green Peas	2	1 cup
Spinach, boiled	1	1 cup
Miso	1	1 oz

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