

## FOOD SOURCES OF ESSENTIAL ELEMENTS

**Protein** – dried beans, peas, tofu, peanut butter, seeds, nuts, eggs, dairy products, fish, organ meats, poultry, lean beef, lamb, pork, spirulina

**Vitamin A** – yellow veggies, whole and fortified milk

**Vitamin B** – blackstrap molasses, brewer's yeast, brown rice, organ meats, whole grains, wheat germ, prunes, dairy products, fish, nutritional yeast

**Vitamin C** – citrus fruits, tomato, peppers, broccoli, cauliflower, dark leafy greens

**Vitamin D** – sunshine, egg yolks, organ meats, bone meal, irradiated milk, canned salmon, tuna

**Vitamin E** – dark leafy greens, eggs, liver, wheat germ, vegetable oils

**Folic Acid** – liver, organ meats, leafy greens, fruit, dairy products, poultry, rice bran, peanuts, seeds, whole grains, legumes

**Riboflavin** – blackstrap molasses, brewer's yeast, brown rice, fish, meat, nuts, organ meats, whole grains

**Essential fatty acids** – flax (seeds, meal or oil), borage oil, evening primrose oil

## MINERALS

**Calcium** – dairy products, almonds, dolomite, sesame seeds, soybeans, legumes, leafy greens

**Iodine** – seafood, kelp, dulse, dark leafy greens, iodized salt

**Iron** – blackstrap molasses, eggs, fish, organ meats, wheat germ, dulse, kelp, legumes, seeds, spirulina

**Magnesium** – bran, honey, green veggies, nuts, beans, seafood, kelp, spinach

**Phosphorus** – eggs, fish, grains, meat, poultry, yellow cheese, bran, seeds, legumes

**Potassium** – bananas, potatoes

**Zinc** – liver, seafood, nutritional yeast, soybeans, spinach, sunflower seeds, mushrooms

Compiled by Laurie Fremgen, CPM