

## 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  
Carb  
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  
Shelfish  
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  
Bulgur  
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  
Bulgur  
Licorice  
Rabbit  
Duck  
Turkey (lean)  
Tahini  
Fish paste  
Sardines  
Mullet  
Zucchini  
Avocado  
Lettuce - iceberg  
Tomato

#### 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/  
pinenut  
pecan/ walnut  
Licorice (confectionary)  
Sesame seeds - tahini

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  
Pork, chicken, turkey  
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  
Snowpeas  
Spinach  
Sweet potato - kumera  
Turnips

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