

Some Food Sources of Vitamins & Minerals

(LEGUMES [pea in pod]- kidney beans, soybeans, split peas, lentils, garbanzos, peanuts etc.)

FAT SOLUBLE VITAMINS	
Carotenes	dark orange fruits/veg (carrot, pumpkin, cantaloupe, tomatoes, apricots) dark green leafy veg. (spinach, bok choy, NOT lettuce or oranges)
Vitamin A (retinoids)	eggs, butter, fortified milk & cereals (yog. & cheese NOT fortified)
Vitamin E	nuts, seeds, wheat germ, vegetable oil, margarine
Vitamin K	dark leafy greens esp. parsley & cilantro, whole grains, seeds, eggs
Vitamin D	yolks, foods that are fortified such as milk (yogurt & cheese are not fortified w/D) & some soy/rice bev., fort. cereals like Wheaties
WATER SOLUBLE VITAMINS	
Vitamin C	citrus fruits, berries, melons, dark leafy greens (NOT iceberg) cabbage family including broccoli & cauliflower, potato
Thiamin	legumes, nuts, seeds, pork whole grains, foods with enriched flour or rice
Riboflavin	milk & milk products, fish, meat, poultry dark green leafies, enriched & grain products, whole grains
Niacin	meats, nuts, legumes, peas, enriched and whole grain products
Biotin	widespread in whole foods
Pantothenic Acid	widespread in whole foods
B6 (Pyridoxine)	meat, poultry, fish, legumes, nuts, eggs, whole grains
B12 (Cobalamin) (only made by animals)	milk, cheese, meat, fish, poultry, eggs, nutritional yeast some soy & rice bev. & some cereals are fortified (check label)
Folacin (or Folate)	dark leafy greens, legumes, seeds, orange juice
MINERALS	
Calcium	milk, yogurt, cheese, fortified orange juice, dark green leafies canned salmon, sesame seeds (unhulled), corn tortillas some soy & rice bev. are fortified w/ calcium (check label)
Iron	beef, pork, shrimp, turkey (NOT as much in chicken or fish), tofu, legumes, oatmeal, whole & enriched grains like bread & rice peas, spinach, baked potatoes, broccoli, watermelon
Zinc	beef, shrimp, turkey, chicken, legumes, miso
Magnesium	shrimp, tofu, legumes, seeds, baked potato, broccoli, whole grains

Online FN 225, Powell