Online FN 225, Rathakette

Some Food Sources of Vitamins & Minerals

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

(LEGOVIES [pca iii pouj-	FAT SOLUBLE VITAMINS					
Carotenes dark <i>orange</i> fruits/veg (carrot, pumpkin, cantaloupe, tomatoes,						
Carotenes	apricots)					
	dark <i>green</i> leafy veg. (spinach, bok choy, NOT lettuce or oranges)					
	dark green leary veg. (spinach, box choy, tvo1 lettuce of oranges)					
Vitamin A (retinoids)	eggs, butter, fortified milk & cereals (yog. & cheese NOT fortified)					
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Vitamin E	nuts, seeds, wheat germ, vegetable oil, margarine					
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Vitamin K	dark leafy greens esp. parsley & cilantro, whole grains, seeds, eggs					
vitaiiiii K	dark leary greens esp. parsiety & chandro, whole grains, seeds, eggs					
Vitamin D	yolks, foods that are fortified such as milk (yogurt & cheese are not					
Vitanini D	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)					
Vitanini C	cabbage family including broccoli & cauliflower, potato					
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Thiamin	lagumas nuts saads norts					
	legumes, nuts, seeds, pork					
	whole grains, foods with enriched flour or rice					
Riboflavin	mills 0 mills must be first most moultant					
Riboliavin	milk & milk products, fish, meat, poultry					
	dark green leafies, enriched & grain products, whole grains					
Nicolog	marks make language and shadow doubt and substance and sales					
Niacin	meats, nuts, legumes, peas, enriched and whole grain products					
Diadia	miden and in order for de					
Biotin	widespread in whole foods					
Dantathania Asid	ida an mand in andrala for a da					
Pantothenic Acid	widespread in whole foods					
D.C. (Description -)						
B6 (Pyridoxine)	meat, poultry, fish, legumes, nuts, eggs, whole grains					
D12 (Cabalania)	wills share most fish positions are matricianal society					
B12 (Cobalamin)	milk, cheese, meat, fish, poultry, eggs, nutritional yeast					
(only made by animals)	some soy & rice bev. & some cereals are fortified (check label)					
Educia (a. Educa)	1.11.6					
Folacin (or Folate)	dark leafy greens, legumes, seeds, orange juice					
G 1 :	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)					
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Iron beef, pork, shrimp, turkey (NOT as much in chicken or fis						
	legumes, oatmeal, whole & enriched grains like bread & rice					
	peas, spinach, baked potatoes, broccoli, watermelon					
Tr'						
Zinc	beef, shrimp, turkey, chicken, legumes, miso					
Magnesium	shrimp, tofu, legumes, seeds, baked potato, broccoli, whole grains					