

WHOLE FOOD SOURCES OF VITAMINS & MINERALS

Vitamin A

Keeps tissues & skin healthy

Apricots
Bell Peppers
Cantaloupe
Carrots
Leafy Greens
Pumpkin
Spinach
Sweet Potato

Vitamin C

Important for immune system

Bell Peppers
Broccoli
Grapefruit
Kiwi
Leafy Greens
Oranges
Papaya
Strawberries

Vitamin E

Good for fighting toxins

Almonds
Avocado
Peanuts
Seaweed
Spinach
Sunflower Seeds
Wheat Germ

Vitamin D

Builds strong bones & teeth
Works with calcium

Portabella Mushrooms
Shiitake Mushrooms
Sunshine
White Mushrooms

Vitamin K

Essential for blood clotting

Asparagus
Brussel Sprouts
Collards
Dried Basil
Natto Beans
Kale
Scallions
Spinach
Turnip greens

Calcium

Builds strong bones & teeth

Almonds
Blackstrap Molasses
Boy Choy
Broccoli
Dried Figs
Leafy Greens
Mung Beans
Okra
Soybean

Iron

Important for cell growth & making amino acids

Blackstrap Molasses
Brown Rice
Cacao
Dates
Kidney Beans
Lentils
Oats
Seaweed
Soybeans
Spinach

Magnesium

Converts energy from food
Works with calcium

Almonds
Blackstrap Molasses
Brown Rice
Mung Beans
Peas
Pumpkin Seeds
Soybeans
Swiss Chard

Zinc

Aids in immune system & forming enzymes

Cashews
Chickpeas
Lentils
Peanuts
Peas
Pumpkin Seeds
Soybeans
Wild Rice

Vitamin B12

Important for red blood cell growth & nervous system

Nutritional Yeast
Fortified Milk Alternatives/Cereals

*Note: This is a brief list and there are also other foods not listed that contain these nutrients.