

# Foods High in Essential Nutrients

## Vitamin A

Beta -Carotene  
Carrots  
Sweet Potatoes  
Spinach, Chard  
Dark Green Leafy Veggies  
Cantaloupe  
Retinol  
Liver- Veal, Lamb, Beef  
Egg Yolks  
Cod Liver Oil  
Halibut Liver Oil

## Vitamin B-1 ( Thiamine)

Brewers Yeast  
Wheat Germ  
Sunflower Seeds  
Pine Nuts  
Soybeans  
Peanuts  
Oatmeal  
Lima Beans

## Vitamin B-2 (Riboflavin)

Liver  
Brewer's Yeast  
Almonds  
Mushrooms  
Egg Yolk  
Beef  
Cottage Cheese  
Chicken  
Spinach  
Pork  
Mussels  
Broccoli (raw)  
Oysters  
Anchovies

## Vitamin B-3 (Niacin)

Salmon  
Tuna  
Halibut  
Liver  
Beef  
Mushrooms  
Brown Rice  
Wheat Bran

## Vitamin B-5 (Panthothenic Acid)

Liver-Lamb, Chicken  
Eggs  
Brewers Yeast  
Rice Bran  
Cheese-Camembert, Brie  
Pork  
Cashews  
Peanuts  
Coconut  
Haddock  
Salmon

## Vitamin B-6 (Pyridoxine)

Chicken  
Beef Kidney  
Tuna  
Salmon  
Bananas  
Oysters  
Halibut  
Sardines  
Lamb  
Cheese-Camembert, brie

## Vitamin B-7 (Biotin)

Egg Yolks  
Liver  
Rice  
Brewer's Yeast  
Whole Grains  
Sardines  
Legumes

## Vitamin B-9 (Folic Acid)

Chicken & Beef Liver  
Wheat Germ  
Asparagus  
Lettuce  
Spinach  
Orange Juice  
Legumes

## Vitamin B-12

(Cyanocobalamin)  
Liver-Beef & Chicken  
Trout  
Oysters  
Rabbit  
Scallops

## Vitamin B-17 ( Laetrile)

Apricot Kernels  
Peach Kernels  
Grape Seeds  
Blackberries  
Blueberries  
Strawberries  
Bean Sprouts  
Lima Beans

## Vitamin C

Guava  
Peppers-Chilli, Red,  
Green  
Strawberries-Fresh  
Broccoli  
Brussel Sprouts  
Cantaloupe  
Dark Green Leafy Veggies  
Citrus Fruit or Juice  
Cabbage  
Watermelon  
Cauliflower  
Snow Peas

## Calcium

Almonds  
Yogurt  
Sesame Seeds  
Broccoli  
Dark Green Leafy Veggies  
Legumes  
Cottage Cheese  
Brazil nuts  
Blackstrap Molasses  
Salmon  
Tofu  
Peas

## Carbohydrates

Whole Grains  
Fruits  
Vegetables

## Choline

Eggs yolks  
Wheat germ  
Soybeans  
Fish  
Legumes

## Chromium

Brewers Yeast  
Whole Grain Cereal  
Oysters  
Peas

## Copper

Calf's Liver  
Turnip Greens  
Molasses  
Sesame Seeds

## Vitamin D

Sunshine  
Salmon  
Sardines  
Herring  
Egg Yolks  
Calamari  
Butter

## Vitamin E

Soybean Oil  
Sesame seeds  
Sunflower Oil  
Olive Oil  
Wheat germ  
Almonds  
Mayonnaise  
Olives  
Steak -Broiled  
Iodine  
Oatmeal  
Ocean fish  
Shell fish  
Spinach  
Kelp  
Seaweed  
Sea Salt and Fortified Salt  
Mushrooms

## Inositol

Whole grains  
Citrus Fruits  
Brewer's Yeast  
Meat  
Milk  
Nuts  
Vegetables

**Iron**

Prune Juice  
 Liver  
 Beef  
 Soybeans  
 Baked beans  
 Ham  
 Chicken  
 Spinach  
 Eggs  
 Almonds  
 Cashews  
 Hazelnuts  
 Sun-dried tomatoes  
 Cantaloupe  
 Beets

**Vitamin K**

Green Leafy Vegetables  
 Probiotics  
 Eggs Yolks  
 Safflower Oil  
 Green Tea  
 Cauliflower

**Lysine**

Chicken  
 Beef  
 Fish  
 Ham, Pork  
 Soy Protein  
 Soybeans  
 Cottage Cheese  
 Baked Beans  
 Eggs  
 Goat Milk  
 Peanuts  
 Oatmeal

**Magnesium**

Soybeans  
 Wheat Germ  
 Cashews  
 Almonds  
 Brazil Nuts  
 Baked Beans  
 Dark Green Leafy Veggies  
 Grapeseed Oil

**Manganese**

Whole Grains  
 Green Leafy Vegetables  
 Legumes  
 Nuts  
 Pineapples  
 Egg Yolks

**Methionine**

Chicken  
 Beef  
 Fish  
 Eggs

**Molybdenum**

Legumes  
 Whole Grain Cereals  
 Liver  
 Dark Green Leafy Vegetables

**Phosphorous**

Tuna  
 Wheat Germ  
 Soybeans  
 Brazil nuts  
 Beef  
 Potatoes  
 Legumes  
 Lentils

**Polyunsaturated Fat-****Healthy Fats**

Safflower Oil  
 Soybean Oil  
 Walnuts  
 Sunflower Seeds  
 Olive Oil  
 Grapeseed Oil  
 Peanuts  
 Coconut

**Potassium**

Red Meat  
 Banana  
 Cheese- all kinds  
 Soybeans  
 Cantaloupe  
 Sweet Potato  
 Avocado  
 Raisins  
 Banana

**Selenium**

Tuna  
 Herring  
 Brewer's Yeast  
 Wheat Germ & Bran  
 Broccoli  
 Whole Grains

**Sodium**

Sea food  
 Table Salt  
 Celery  
 Processed Foods

**Sulfur**

Fish  
 Eggs  
 Meats  
 Cabbage

**Threonine**

Beef  
 Chicken  
 Fish  
 Ham, Pork  
 Soybeans  
 Liver  
 Eggs  
 Cottage Cheese  
 Goat milk  
 Baked Beans  
 Green Tea

**Tryptophan**

Beef  
 Turkey  
 Soy Beans  
 Fish  
 Eggs  
 Mixed Nuts  
 Baked Beans

**Vandium**

Shellfish  
 Parsley  
 Black Pepper  
 Buckwheat

**Zinc**

Oysters  
 Red Meat  
 Sundried Tomatoes  
 Oatmeal  
 Dark Chicken  
 Fish  
 Garlic  
 Dried Beans  
 Bran  
 Tuna

**FOODS HIGH IN REFINED CARBOHYDRATES**

Beer	Granola Bars	Pancakes	Soft Drinks
Biscuits	Flour Tortillas	Pasta	White bread
Cakes	Hard Liquor	Pretzels	White & Instant rice
Cookies	Muffins	Ready to serve cereals	Wine

**FOODS HIGH IN PROCESSED SUGAR**

Breakfast bars	Fruit in syrup	Sherbert
Cakes	Graham crackers	Sweetened Yogurt
Canned or frozen juices	Ice cream	
Chocolate Bars/Candy	Jams and Jellies	
Cookies	Pies	

# Importance of Essential Nutrients

## Vitamin A

- Fat- soluble.
- There are two main forms of Vitamin A:
  - Retinol is the active form which is found in animal tissue (Halibut Live Oil, Cod Liver oil, Egg yolk, animal liver).
  - Beta- Carotene is a pro vitamin, a precursor that our body uses to form Vitamin A which is found in dark orange and green vegetables and fruits (carrots, sweet potatoes, spinach, and cantaloupe).

## Vitamin B-1 (Thiamine)

- Important in the maintenance of mental well-being.
- Affects learning capacity and growth in children.
- Promotes good muscle tone in the digestive tract.
- Recommended for pregnant and breast feeding women since their need for thiamine is increased. Caffeine from coffee and soft drinks destroys thiamine.
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## Vitamin B-2 (Riboflavin)

- Promotes normal growth, and is vital for physical activity.
- Promotes healthy vision.
- Protects against cataracts, dry eyes and fatigue.
- Helps skin, nails and hair stay healthy.

## Vitamin B-3 (Niacin)

- Provides energy for the metabolism of carbs, proteins and fats.
- Aides in nervous system function, healthy digestion and skin.
- Regulates blood sugar levels, reduces cholesterol and helps eliminate toxins.
- Required to produce adrenal and sex hormones.

## Vitamin B-5 (Panthothenic Acid)

- Adrenal glands are dependent on this vitamin for the production of hormones.
- Plays an important role in metabolism and energy production.
- Keeps red blood cells healthy.
- Keeps hair shiny.

## Vitamin B-6 (Pyridoxine)

- Balances hormones.
- Plays a crucial role in the metabolism of protein.
- Helps with blood cell production and immune function.
- Acts as a diuretic in regulating fluids.
- Helps maintain a healthy nervous system.

## Vitamin B-7 ( Biotin)

- Essential for the metabolism of fats and carbohydrates as well as cell formation.
- Hair, skin and nails need biotin for health and luster.

## Vitamin B-9 (Folic Acid)

- Works hand in hand with vitamin B12 to create healthy red blood cells.
- Used to prevent and treat anemia.

- Especially important during pregnancy for normal fetal development because it is needed for DNA synthesis in the reproduction of all cells.
- Necessary for brain and nervous system function.
- Stimulates appetite and stomach acid, and supports liver function.

### **Vitamin B-12 (Cyanocobalamin)**

- Treats anemia and fatigue.
- Vital to the the production of every cell, especially red blood cells.
- Helps produce energy, supports immune function and healthy nerves.

### **Vitamin B-17 ( Laetrile)**

### **Vitamin C**

- Fights infections.
- Maintains protein collagen, strengthens tissues, prevents easy bleeding and promotes wound healing.
- One of the best antioxidants, it protects the body from free radical damage to tissues.

### **Calcium**

- Ensures strong bones and teeth.
- Supports Nerve conduction, muscle contraction, acid-alkaline balance and blood clotting. Vitamin D, phosphorus, vitamin A & C are needed for ideal calcium absorption.
- Works well with magnesium for proper absorption.

### **Carbohydrates**

- Simple carbohydrates are used in building and repairing tissue.
- They are also important in the normal metabolism of fat and the digestion and absorption of other food.

### **Choline**

- Is a major part of lecithin, an emulsifier that keeps fats and cholesterol from clumping together in the blood.
- Is vital for nerve transmission and brain function.

### **Chromium**

- Stabilizes sugar imbalances in the blood by regulating insulin, and is therefore helpful to people with diabetes and hypoglycemia.
- Promotes weight loss and healing of acne.

### **Copper**

- Essential for many enzymatic reactions.
- Together with iron, copper helps the red blood cells transport oxygen.
- Lends strength and elasticity to connective tissue, which connect support and bind body structures.

### **Vitamin D**

- Manufactured by ultraviolet rays on the skin.
- Crucial for bone growth and renewal because it stimulates the absorption of calcium. Required for the nervous system to function and for blood clotting.

### **Vitamin E**

- Anti-sterility vitamin and powerful antioxidant.
- Protects the body from the effects on pollution, other toxins and free radicals.
- Helps prevent premature aging, cancer and other chronic, degenerative diseases.
- Needed to heal injured tissues and prevent scarring.

### **Iodine**

- Essential trace mineral that regulates the body's metabolism.
- Needed to produce thyroid hormones.

### **Inositol**

- Necessary for nerve transmission and normal brain function.
- Works with many B vitamins.

### **Iron**

- Transports oxygen in red blood cells.
- Improves energy and prevents anemia.

### **Vitamin K**

- Main role is to maintain healthy blood clotting.

### **Lysine**

- Enhances growth in children.
- Used to help prevent and treat the herpes virus.

### **Magnesium**

- Works with calcium and phosphorus to build bones, conduct nerve impulses and contract muscles.

### **Manganese**

- Essential for normal growth because of its role in the utilization of many enzymes and other nutrients, including iron and vitamin E.
- Responsible for the production of sex hormones.
- Important in thyroid hormone production, the regulation of blood sugar and normal neuro-muscular control.

### **Methioine**

- Is essential in the formation of nucleic acid of genetic material (RNA and DNA) of every cell. Powerful antioxidant, assists in gall bladder function, detoxification of heavy metals and excess histamine levels from the body.

### **Molybdenum**

- Main function is the detoxification of substances, especially alcohol, sulfates and copper. Important in the production of uric acid.

### **Phosphorous**

- Works with calcium to help nerve conduction and muscle contraction.

### **Polyunsaturated Fats (Good Fats)**

- Helps to reduce the cholesterol levels in your blood and lowers the risk of heart disease.
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### **Potassium**

- Works with sodium to regulate the water and acid-alkaline balances in the body and helps to stimulate nerve impulses and muscle contractions in conjunction with calcium.

### **Selenium**

- Antioxidant that works with vitamin E to fight free-radical damage.
- Prevents aging and degenerative diseases including cancer and heart disease.
- Promotes normal growth and fertility. Necessary for the production of prostaglandins, it is essential for the utilization of essential fatty acids and to treat inflammation.
- Binds to toxic metals to keep them from being absorbed.

### **Sodium**

- Regulates the acid-alkaline balances in the body.
- Essential for nerve stimulation, muscle contraction, stomach acid production and oxygen transport.
- Should not be supplemented, rather avoided in most cases, since it is abundant in our diets.

### **Sulfur**

- Disinfects the blood, fights harmful bacteria and protects against toxins.
- Readily available in food.

### **Threonine**

- Necessary for digestive and intestinal tract function and prevents fat from accumulating in the liver.

### **Tryptophan**

- Synthesizes nicotinic acid ( vitamin B3) and is used therapeutically for insomnia, depression and obesity.
- Tryptophan converts to serotonin and affects neurotransmitter function, stimulating nerve cells. Controls weight.

### **Vanadium**

- Popular supplement for its role in the treatment of diabetes.
- Required for building healthy bones, cartilage and teeth.

### **Zinc**

- Helps the immune system fight a variety of infections.
- Essential for healthy skin, helps heal wounds and burns heal more quickly.
- Needed for many hormones and supports a healthy reproductive system.
- Is used for prostate problems.
- Without enough zinc, our sense of smell, taste and vision can be affected.