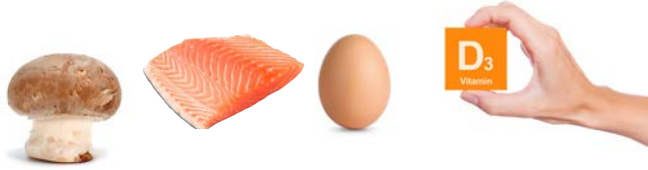


## vitamin D<sub>3</sub> | FOOD SOURCES



Wild caught fish: salmon, sardines, mackerel  
 Pastured eggs [yolks]: pastured eggs contain 3-4x higher vitamin D levels vs. non-pastured  
 D3 supplement\*: active form of vitamin D  
 Mushrooms [lesser amounts - will depend on UV exposure]

## vitamin C | FOOD SOURCES

Citrus: orange, lemon, lime, grapefruit  
 Tropical fruits: kiwi, pineapple, guava, mango  
 Berries: strawberry, blueberry, raspberry  
 Bell peppers: green, yellow, orange, red  
 Other vegetables: cauliflower, tomatoes



## zinc | FOOD SOURCES



Legumes and Beans: lentils, chickpeas  
 Seeds: sesame, pumpkin, hemp, quinoa  
 Shellfish: shrimp, oysters,  
 Dark Chocolate  
 Nuts: cashews, almonds, pine nuts

## probiotics and prebiotics | FOOD SOURCES

Probiotics: fermented vegetables, sauerkraut, kimchi, kombucha

Prebiotics: beans, asparagus, garlic, onions, banana, oats, apple, flax

Probiotics are live bacteria that have health benefits. Prebiotics are food for probiotics. All whole plant foods contains prebiotics



\*be sure to consult with your healthcare provider before taking any supplement

## folate | FOOD SOURCES



Legumes: edamame, lentils  
Fortified grains: bread, pasta, cereal  
Leafy greens: spinach, kale, arugula  
Other vegetables: Asparagus, brussels sprouts, broccoli  
Tropical Fruits: mango, avocado, orange

## vitamin B6 | FOOD SOURCES

Starchy vegetables: potatoes, sweet potatoes  
Fish: salmon, tuna (yellowfin, albacore)  
Poultry: chicken (breast, liver), turkey  
Nuts: pistachio, chestnuts  
Non-citrus fruits: banana, avocado  
Other vegetables: spinach, carrots



## vitamin B12 | FOOD SOURCES



Seafood: clam, fish (trout, salmon, tuna)  
Eggs, milk, and dairy products: cheese, yogurt  
Organ meats: lamb liver, beef liver, veal kidney  
Fortified cereal

## vitamin E | FOOD SOURCES

Vegetable oils: wheat germ, sunflower, safflower, corn, soybean, olive  
Nuts and Seeds: almonds, hazelnuts, peanuts, sunflower seeds  
Leafy greens: spinach, broccoli  
Fruits: kiwi, avocado



\*be sure to consult with your healthcare provider before taking any supplement

## vitamin A | FOOD SOURCES



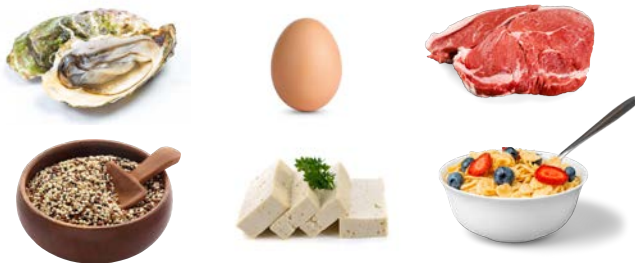
Leafy greens: kale, collards, spinach  
Other vegetables: carrots, pumpkin, red peppers  
Tropical fruits: cantaloupe, grapefruit, mango  
Fish and Organ meats: tuna, cod liver oil, beef liver

## magnesium | FOOD SOURCES

Legumes: lentils, lima beans, soybeans  
Nuts and seeds: almond, pumpkin seeds  
Whole grains: brown rice, oats  
Leafy greens and herbs: spinach, chard, chives  
Fruits: figs, banana, avocado, blackberries  
Fatty fish: salmon, tuna, mackerel  
Other: dark chocolate, tofu



## iron | FOOD SOURCES



Animal sources (heme)  
Eggs, meats (beef, ham, turkey), liver (Beef, chicken), shellfish (clam, mussels, oysters)  
Plant sources (non-heme)  
Fortified breakfast cereals, brown rice, quinoa, tofu, broccoli, pumpkin seeds  
*Bioavailability: heme > nonheme*

## selenium | FOOD SOURCES

Nuts: brazil nuts  
Seafoods: halibut, sardines, shrimp, tuna  
Meats and poultry: pork, beef liver, turkey  
Eggs and dairy products: cottage cheese  
Enriched/fortified foods and other grains:  
whole wheat bread, pasta, cereal, brown rice  
Other: mushrooms, banana, lentils



## copper | FOOD SOURCES



Shellfish: oyster, lobster, clams  
Nuts and seeds: cashew, sesame seeds  
Legumes: chickpeas, lentils  
Mushrooms: shiitake, white button, portobello  
Other: dark chocolates, beef liver, tofu, avocado

\*be sure to consult with your healthcare provider before taking any supplement