

## PROTEIN

Beef  
Cheese  
Chicken  
Eggs  
Fish  
Kangaroo  
Lamb/mutton  
Legumes  
Nuts and seeds  
Pork  
Protein powders - esp whey, soy, pea etc.  
Tofu  
Turkey

## AMINO ACIDS

### Isoleucine

Almonds  
Beef  
Cheese - esp cheddar  
Chicken, turkey  
Eggs  
Fish - esp trout  
Legumes  
Peanuts  
Pumpkin seeds  
Whey

### Methionine

Beef  
Cheeses - esp parmesan  
Chicken, turkey  
Dairy  
Garlic  
Nuts and seeds  
onions  
Red meat  
Sardines  
Soy protein  
Spirulina  
Whey

### Cysteine

Brassica vegetables  
Brewers yeast  
Dairy  
Egg yolks  
Meats - esp beef  
Nuts and seeds

### Phenylalanine/Tyrosine

Almonds  
Avocado  
Banana  
Brown rice  
Cheese  
Cottage cheese  
Eggs  
Fish  
Legumes  
Lentils  
Meat  
Pistachios  
Soybeans  
Soy Protein  
Spirulina  
Whey protein

### Threonine

Bakers yeast  
Cheese  
Eggs  
Fish  
Legumes  
Meat  
Milk  
Nuts and seeds  
Soy Protein  
Spirulina

Whey protein

### Tryptophan

Banana  
Beans  
Beef  
Bran - esp wheat, oats  
Cheeses  
Cottage cheese  
Eggs  
Fish  
Lentils  
Meats  
Oats  
Peanuts  
Pumpkin seeds  
Soy protein  
Spirulina

### Valine

Almonds  
Beef  
Chicken  
Chickpeas  
Cottage cheese  
Eggs  
lamb  
Lentils  
Lima beans  
Mushrooms  
Nuts  
Pumpkin/sesame seeds  
Rice  
Soy flour  
Trout/cod/prawns  
Whey protein

## VITAMINS

### Vitamin A

Apricots  
Barley grass  
Basil/chives/parsley  
Butter  
Carrots  
Chilli  
Cod liver oil  
Egg yolk  
Green leafy vegetables - esp spinach  
Kohlrabi  
Liver - esp veal, lamb, beef, chicken  
Mangos  
Peaches  
Pumpkin  
Rockmelon  
Sweet potato/kumera  
Tomatoes

### Vitamin B1 (Thiamine)

Asparagus  
Beef  
Buckwheat  
Cashew  
Lamb  
Mustard powder  
Oatmeal  
Peanuts  
Pork  
Rye  
Sesame seeds - tahini  
Soybeans  
Spirulina  
Sunflower seeds  
Wheat bran  
Wheat germ (fresh)  
Whole grains  
Yeast, brewers  
Yeast spreads

### Vitamin B2 (Riboflavin)

Almonds  
Anchovies  
Asparagus  
Avocado

Barley grass  
Beans  
Brewers yeast  
Broccoli (raw)  
Cheese - esp parmesan, cheddar  
Chilli  
Currants  
Egg yolk  
Kidney - esp beef, lamb, veal  
Liver - esp beef, chicken, lamb, veal  
Milk powder - esp cow/goat  
Mussels  
Oysters  
Parsley  
Sprouts  
Wheat germ (fresh)  
Yeast spreads

### Vitamin B3 (Niacin)

Almonds  
Bakers yeast  
Beef  
Chicken  
Chilli  
Dried yeast  
Eggs  
Emu  
Kidney - esp beef, lamb, veal, pork  
Legumes  
Liver - esp veal, lamb, beef, chicken  
Passionfruit  
Peanuts  
Red meats  
Rice bran  
Rice flour  
Salmon  
Sardines, anchovy  
Sesame seeds  
Sunflower seeds  
Tuna  
Wheat bran  
White fish  
Yeast spread

### Vitamin B5 (Pantothenic acid)

Avocado  
Beans  
Brains  
Cashews  
Cheese - esp camembert, brie, blue vein  
Coconut (dried)  
Crab  
Egg yolk  
Liver - esp lamb, chicken  
Bakers yeast  
Lobster  
Mushrooms - stir fried  
Mutton  
Orange  
Peanuts  
Peas  
Pork  
Rice bran  
Royal Jelly  
Salmon  
Sweet potatoes  
Yeast spread

### Vitamin B6 (Pyridoxine)

Avocado  
Banana  
Brewer's yeast  
Carrot  
Chicken  
Eggplant (aubergine)  
Egg yolk  
Ham  
Kangaroo  
Legumes  
Lentils

Mutton  
Oatmeal  
Peanuts  
Pistachio nuts  
Salmon  
Silverbeet  
Sunflower seeds  
Tuna  
Turkey (lean)  
Veal  
Walnuts

### Vitamin B12 (Cyanocobalamin)

Beef  
Brains  
Carb  
Cheese - esp camembert, brie  
Egg - esp duck and chicken  
Lamb  
Liver - esp chicken  
Milk  
Mullet  
Mussels  
Oysters  
Rabbit  
Sardines  
Scallops  
Snapper  
Swiss cheese  
Turkey  
Veal

### Folate

Barley  
Beans  
Cabbage  
Chives  
Cocoa powder  
Eggs  
Flour - esp chickpea, soy  
Fresh pressed orange juice  
Green leafy vegetables  
Hazelnuts (raw)  
Lentils  
Limes  
Liver - esp chicken, lamb  
Peanuts (raw)  
Sesame seeds  
Soy  
Spinach  
Sprout  
Vege juice - esp carrot, celery, silverbeet, parsley  
Watercress  
Wheat bran  
Wheat germ  
Yeast spread

### Biotin

Almonds  
Bean sprouts  
Broccoli  
Cashews  
Chicken  
Egg yolk  
Hazelnuts, pistachios  
Mushroom  
Peanuts (roasted)  
Pork  
Rice bran  
Soybeans (cooked)  
Sundried tomatoes  
Sunflower seeds  
Turkey  
Wheat  
Yeast spread

### Vitamin C

Aloe vera  
Banana  
Blackberry

Blackcurrant juice  
Broccoli  
Brussel sprouts  
Cabbage  
Cauliflower  
Citrus fruits  
Green peppers  
Guava  
Kohlrabi  
Papaya  
Parsley  
Red chilli peppers  
Red peppers  
Rockmelon  
Rosehips  
Snowpeas  
Strawberries  
Sweet potatoes  
Watercress

### Bioflavonoids

Apples  
Apricots  
Black currants  
Blue/black berries  
Blueberries  
Brassica veges - esp broccoli  
Buckwheat  
Cherries  
Chocolate (dark)  
Citrus fruit  
Citrus fruits  
Fresh herbs tea - esp green, black  
Garlic  
Onions  
Red wine  
Red wine (resveratrol)  
Rosehips  
Soy (isoflavones)

### Vitamin D

Calamari  
Cheese  
Chlorella  
Cod liver oil  
Egg yolk  
Herring (pickled)  
Milk  
Sprouted seeds

### Vitamin E

Almonds  
Apricot oil  
Beef  
Corn  
Egg yolk  
Hazel nuts  
Oil - esp olive, soy, avocado  
Olives  
Safflower oil  
Sesame seeds - tahini  
Sunflower oil  
Sunflower seeds  
Wheat germ

### Vitamin K

Asparagus  
Broccoli  
Cabbage  
Camembert cheese  
Eggs  
Kale (raw)  
Kelp  
Lettuce  
Oats  
Parsley  
Pork  
Silverbeet  
Soy beans  
Spinach

## ESSENTIAL FATTY ACIDS

### Omega 6:

Brazil nuts  
Oils - esp safflower, sunflower, soybean, Sesame  
Pine nuts

### Omega 3:

Fish  
Fish oils  
Flax seed oil  
Oils - esp walnut, soybean, hemp  
Walnuts

## MINERALS

### Calcium

Almonds  
Anchovy  
Basil (fresh)  
Brazil nuts  
Broccoli  
Buckwheat  
Cabbage - bok choy/mustard  
Chives (fresh)  
Cinnamon (ground)  
Crab meat  
Dairy products  
Duck meat  
Eggs - yolk  
Figs (dried)  
Fish paste  
Green leafy vegetables  
Lemon zest  
Molasses  
Oregano (dried)  
Parsley (fresh)  
Prawns  
Salmon  
Sardines  
Shellfish  
Snapper  
Soy products  
Wheat germ  
Spinach  
Sunflower seeds  
Tahini

### Chromium

Apples  
Asparagus  
Brewer's yeast  
Cheese  
Cottage cheese  
Egg yolk  
Lobster  
Molasses  
Mushrooms  
Olives  
Oysters  
Parsley (fresh)  
Peanuts  
Potato  
Prunes  
Raisins  
Wheat  
White fish

### Copper

Almonds  
Avocado  
Beans  
Brazil nuts  
Broccoli  
Buckwheat  
Bulghur  
Cashew nuts  
Chocolate  
Cocoa powder  
Coconut  
Dried fruits  
Flour - esp rye, wholemeal

Oats and oatbran  
Hazel nuts  
Lamb  
Liver - esp lambs fried  
Mushrooms  
Oysters  
Pecans  
Pine nuts  
Pistachio nuts  
Pork  
Prunes  
Smoked fish  
Soy flour  
Sunflower seeds  
Tahini  
Wheat bran, wheatgerm

### Iodine

Asparagus  
Cocoa powder  
Cod  
Dairy products  
Egg yolk  
Fish paste  
Garlic  
Iodised table salt  
Lima beans  
Milk  
Mushrooms  
Oysters  
Scallops  
Sunflower seeds  
Sushi

### Iron

Almonds  
Apricots  
Avocado  
Basil (fresh)  
Cashew nuts  
Chicory  
Chilli - esp red and green  
Cocoa powder  
Corriander (fresh)  
Eggs  
Hazel nuts  
Liver/kidney - esp chicken, lamb, veal  
Miso  
Mussels  
Oysters  
Oysters  
Parsley  
Parsley  
Pine nuts  
Pinenuts  
Pumkin seeds  
Red meats  
Red wine  
Sesame seeds  
Silverbeet  
Soy flour  
Spinach  
Sunflower seeds  
Tahini  
Tempeh  
Tofu  
Tomato (sundried)  
Watercress  
Wheat germ

### Magnesium

Almonds  
Almonds  
Banana  
Barley Cashews  
Blackberry  
Brazil nuts  
Cashew nuts  
Chicken  
Chicken liver  
Chilli powder

Cocoa  
Cod  
Curry powder  
Dried fruit  
Eggs  
Goats milk  
Hazel nuts  
Kelp  
Legumes  
Molasses  
Mustard powder  
Parsley  
Parsnips  
Passionfruit  
Peanuts  
Pecans  
Pine nuts  
Pistachios  
Pork  
Raspberry  
Red meat  
Sesame seeds  
Shallots  
Soy beans  
Spinach  
Sunflower seeds  
Tahini  
Turkey  
Walnuts  
Whole grains  
Yeast - esp bakers/dried/spread

### Manganese

Almonds  
Avocado  
Beans  
Broccoli  
Buckwheat  
Carrot  
Cashew nuts  
Coconut  
Coconut  
Corn  
Hazel nuts  
Kelp  
Legumes  
Macadamias  
Olives  
Parsley  
Pecans  
Pine nuts  
Sesame seeds - tahini  
Silverbeet, spinach  
Soy: milk, flour  
Sunflower seeds  
Tempeh  
Tofu  
Tomato (sundried)  
Turnips  
Walnuts  
Whole grains

### Phosphorus

Banana  
Berries  
Cashews  
Chicken  
Dairy products  
Dried fruit  
Eggs  
Fish  
Garlic  
Grapes  
Green peas  
Legumes  
Mushrooms  
Red meat  
Sesame seeds - tahini  
Shellfish  
Soy products  
Stone fruit  
Sunflower seeds

Sweetcorn  
Tofu  
Tomato (sundried)  
Yeast spread

### Potassium

All raw vegetables  
Apples  
Apricots  
Artichoke  
Asparagus  
Avocado  
Banana  
Berries  
Broccoli  
Brussel sprouts  
Cabbage  
Celeriac  
Celery  
Cheeses  
Cherries  
Chilli - esp red, green  
Citrus fruits  
Dairy products  
Eggs  
Fish  
Garlic  
Ginger  
Grapes  
Melon  
Mushrooms  
Nuts and seeds  
Onions  
Parsnips  
Passionfruit  
Pears  
Potatoes  
Pumpkin  
Red meat  
Shallot  
Snowpeas  
Soy: milk/flour  
Spinach  
Sweet potato  
Tempeh  
Tofu  
Tomatoes (sundried)  
Turnips  
Yeast spread

### Selenium

Alfalfa  
Barley  
Brazil nuts  
Broccoli  
Cashews  
Celery  
Cheese  
Eggs  
Eggs - esp yolk  
Fish  
Flour - esp rye/wheat  
Garlic  
Mushrooms  
Mustard powder  
Oat bran  
Oats  
Onions  
Peanuts  
Red meats  
Sesame seeds - tahini  
Turnip  
Wheat bran  
Wheat germ (fresh)  
Yeast spreads

### Silica

Alfalfa  
Barley  
Bell pepper  
Black tea  
Brown rice

Chickweed  
Horsetail  
Kelp  
Millet  
Oats  
Potatoes  
Root vegetables

### Sulphur

Almonds  
Brazil nuts  
Cashew nuts  
Chicken  
Cocoa powder  
Egg yolks  
Hazel nuts  
Macadamia nuts  
Mustard powder  
Olives  
Peanuts  
Pine nuts  
Pistachio nuts  
Red meats  
Tomato (sundried)  
Turkey  
Yeast spread

### Zinc

Almonds  
Basil (fresh)  
Bell peppers  
Bilberry  
Brazil nuts  
Brewer's yeast  
Broad beans  
Butter beans  
Cashew nuts  
Cheese - esp hard yellow types and blue vein  
Chestnuts  
Chicken  
Duck  
Eggs  
Garlic  
Ginger  
Green peas  
Liver - chicken/veal/lamb  
Mushrooms  
Oysters  
Parsley (fresh)  
Peanuts  
Pecans  
Pine nuts  
Pumpkin seeds  
Red meats  
Sesame seeds  
Spinach  
Sunflower seeds  
Tahini  
Tomatoes (sundried)  
Turkey  
Walnuts  
Whole grains  
Yeast spread