

Nutrient Recommendations from Food

Below is a chart giving foods high in a given nutrient.

NUTRIENT	FOOD SOURCES & DAILY AMOUNTS TO FULFILL NUTRIENT RDAs							
Vitamin A	Carrots 1/8th cup	Kale 1/2 cup	Spinach 1/4th cup	Squash 1/2 cup	Swiss Chard 3/4th cup	Sweet potato 1/4th cup	Turnip Greens 1/2 cup	Green peppers 1/2 cup
Vitamin B1	Sunflower seeds 1/2 cup	Tuna 8 oz	Black beans 3 cups	Lentils 4 cups	Lima beans 4 cups	Asparagus 3 cups	Mushrooms 5 cups	Green Peas 3 cups
Vitamin B2	Mushrooms 1 cup	Calf's Liver 2 oz	Spinach 3 cups	Venison 8 oz	Yogurt 2 cups	Almonds 2 cups	Beef 12 oz	Egg 6
Vitamin B3	Mushrooms 3/4th cup	Tuna 4 1/2 oz	Chicken 5 oz	Salmon 6 oz	Turkey 9 oz	Venison 9 oz	Calf's Liver 7 oz	Halibut 8 oz
Vitamin B5	Mushrooms 1 cup	Sunflower seeds 1/2 cup	Yogurt 4 cups	Corn 4 cups	Broccoli 5 cups	Calf's Liver 8 oz	Grapefruit 5 cups	Cauliflower 8 cups
Vitamin B6	Spinach 3 cups	Bell & Red Pepper 6 cups	Tuna 5 oz	Banana 2 cups	Cod fish 12 oz	Avocado 3 cups	Red potato 3 small	Chicken breast 9 oz
Vitamin B9 (Folate)	Calf's Liver 2 oz	Lentils 1 cup	Pinto beans 1 1/4th cup	Asparagus 2 cups	Celery 12 cups	Raspberries 12 cups	Swiss chard 21 cups	Turnip greens 2 cups
Vitamin B12	Calf's liver, Beef 1/2 oz	Snapper or Salmon 2 oz	Venison 2 oz	Scallops 4 oz	Sardines 3 oz	Yogurt (2 cups), Egg (5)	Nutritional Yeast (Red Star Vegetarian Support Formula) 2 Tbs	
Vitamin C	Bell & Red Pepper 3 oz	Broccoli 3/4th cup	Papaya 1/2 of whole fruit	Strawberry 1 cup	Brussels' sprouts 1 cup	Kale 2 cups	Kiwifruit 2 whole fruit	Oranges 1 1/4th cup
Vitamin D	Cod liver oil 1 1/2 tsp	Tuna fish 3 - 3 oz cans	Shrimp (12 oz), Mackerel (5 oz)	Cod 3 oz	Egg 9	Sardines 2 - 3 oz cans	Chinook & Sockeye Salmon (higher amounts if you consume skin) 16 oz	
Vitamin E	Sunflower seeds (raw) 1/4 cup	Almonds 1/2 cup	Olive Oil 9 Tbs	Turnip greens 6 cups	Swiss chard 5 cups	Mustard greens 6 cups	Papaya 2 whole fruit	Blueberries 5 cups
Vitamin K	Kale (1/8th cup), Broccoli (1 cup)	Spinach 1/8th cup	Celery 4 stalks	Swiss chard 1/4 cup	Green peas 3 cups	Asparagus 1 1/4th cup	Romaine lettuce 1 cup	Brussels' sprouts 1/2 cup
Alpha-linolenic Omega 3	Chinook Salmon 2 1/2 oz	Flaxseeds 2 Tbs	Walnuts 1/2 cup	Sardines 1 - 3 oz	Halibut 8 oz	Scallops 20 oz	Tuna 20 oz	Kale 12 cups
Omega 6	Walnuts 1/4th cup	Pumpkin seeds 1/2 cup	Almonds 3/4th cup	Avocado 4 cups	Chicken 20 oz	Olives 12 cups	Olive oil 12 Tbs	Egg 24
Calcium	Spinach 4 cups	Yogurt 2 1/2 cups	Sesame seeds 1 cup	Goat's milk 4 cups	Collard greens 5 cups	Kale 12 cups	Cheese 6 oz	Swiss chard 12 cups
Iron	Spinach 2 cups	Raw Pumpkin seeds (1/2 cups)	Swiss chard 3 cups	Beef tenderloin 8 oz	Shiitake mushroom 3 1/2 cups	Chickpeas (hummus) 2 cups	Sesame seeds 1/2 cups	Kidney beans 2 cups
Magnesium	Spinach 2 1/2 cups	Swiss chard 3 cups	Pumpkin seeds, raw (3/4th cup)	Halibut 10 oz	Sunflower seeds, raw (3/4th cup)	Sesame seeds 3/4th cup	Black beans 3 cups	Chinook Salmon 10 oz
Manganese	Pineapple (1 cup), Lima beans (2 cups)	Garbanzo beans (chickpeas) 1 cup	Raspberries 2 cups	Spinach (1 1/2 cup), Lentils (2 cups)	Almonds 1/2 cup	Oats (steel cut) 2 cups	Brown rice (1 cup), Walnuts (3/4 cup)	Tempeh 1 1/2 cup
Phosphorus	Calf's Liver, Beef 8 oz	Lima beans 3 cups	Chicken 9 oz	Sardines 2-3 oz cans	Salmon 7 oz	Scallops (8 oz), Venison (8 oz)	Kidney beans 2 1/2 cups	Quinoa, sprouted 3/4 cup
Potassium	Swiss chard 4 1/2 cups	Spinach (5 cups), Halibut (32 oz)	Winter squash (5 cups), Yam (4 cups)	Lima beans (5 cups), Papaya (7 cups)	Avocado 5 whole	Cantaloupe 9 cups	Crimini mushrooms 5 cups	Celery 13 1/2 cups
Selenium	Sardines 1-3 oz can	Crimini mushrooms 3/4th cup	Cod (4 oz), Egg (4)	Snapper 4 oz	Tuna 4 oz	Calf's liver 4 oz	Chinook Salmon 4 oz	Sunflower seeds, raw (1/2 cup)
Zinc	Calf's liver 4 oz	Beef 8 oz	Lamb 8 oz	Venison 12 oz	Crimini mushrooms 3 1/2 cups	Spinach 8 cups	Shrimp 24 oz	Green peas 6 cups
Iodine	Sea vegetables (kelp) 1/8th cup	Yogurt 2 cups	Goats milk 3 cups	Egg 6	Strawberry 11 cups	Cheese 15 oz		

Amino Acid Nutrient Recommendations from Food

Below is a chart giving foods high in amino acids.

NUTRIENT	FOOD SOURCES & DAILY AMOUNTS TO FULFILL NUTRIENT RDAs				
Isoleucine	Egg 7	Raw pecan 2 cups	Chicken breast 1/2 breast	Plain yogurt 2 cups	Pinto beans 2 cups
Leucine	Cottage cheese 3 cups	Legumes 3 cups	Lentils 1 cup	Egg 12	Turkey breast 1/8th
Lysine	Cottage cheese 2 1/2 cups	Turkey breast 1/8th	Kidney beans 3 cups	Beef 3 1/2 cups	Buffalo 4 oz
Phenylalanine + Tyrosine	Turkey breast 1/2	Raw almonds 1 cup	Raw macadamia nuts 1 1/2 cup	Raw walnuts 3/4th cup	Garbanzo beans (chickpeas), or Hummus (3 cups)
Threonine	Cottage cheese 1 cup	Raw almonds 1 cup	Chicken breast 1/2	Asparagus 1 cup	Plain yogurt 3 cups
Tryptophan	Chicken breast 1/2	Tuna 4 oz	Turkey 2 oz	Beef 4 oz	Salmon (4 oz), Kidney Beans (2 cups)
Valine	Turkey breast 1/4	Raw walnuts 1 1/2 cups	Buffalo 4 oz	Chicken breast 1/2	Lamb 4 oz
Cysteine + Methionine	Almonds 2 cups	Pine nuts 1 cup	Beef 4 oz	Buffalo 4 oz	Chicken breast 1