



Foods High in Essential Nutrients

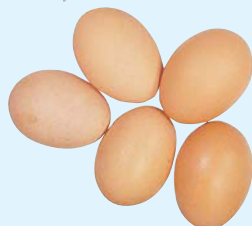
Supplied by Metagenics

Foods are listed from those highest per amount of essential nutrient in an average 100 g serving.

🔥 denotes foods that are high in fat.

PROTEIN

- Chicken (no skin)
- Soybeans (dry)
- Fish (white)
- 🔥 Ham
- 🔥 Beef
- Vegetable patty (legumes + grains)
- Cottage cheese
- Yogurt
- Skim milk
- Turkey
- Eggs
- Lamb
- 🔥 Nuts
- 🔥 Seeds
- Sprouts (eaten within first 19 hours)



AMINO ACIDS

Iso-leucine

- 🔥 Beef
- Chicken
- Fish
- Soybeans
- Soy protein
- 🔥 Ham, Pork
- Vegetable patty
- Eggs
- Cottage cheese
- 🔥 Liver
- Baked beans
- Milk



Lysine

- Chicken
- 🔥 Beef
- 🔥 Ham, Pork
- Soy protein
- Soy beans
- Cottage cheese
- Baked beans
- Eggs
- Goats' milk
- Milk
- 🔥 Peanuts
- Vegetable patty
- Yeast, brewer's
- Oatmeal

Phenylalanine/tyrosine

- Soy protein
- 🔥 Beef
- Chicken
- Soybeans
- Fish
- Vegetable patty
- Eggs
- Cottage cheese
- Baked beans
- 🔥 Peanuts
- 🔥 Almonds
- Milk

Tryptophan

- 🔥 Beef
- Soy protein
- Chicken
- Soybeans
- Fish
- Eggs
- Vegetable patty
- Cottage cheese
- Milk
- 🔥 Mixed nuts
- Baked beans

Methionine/cystine

- Chicken
- 🔥 Beef
- Fish
- 🔥 Ham, Pork
- Eggs
- Cottage cheese
- 🔥 Liver
- Soybeans
- Soy protein
- Vegetable patty
- Sardines
- Milk
- Yoghurt

Threonine

- 🔥 Beef
- Chicken
- Fish
- 🔥 Ham, Pork
- Soy protein
- Soybeans
- 🔥 Liver
- Eggs
- Cottage cheese
- Baked beans
- Vegetable patty

Valine

- 🔥 Beef
- Chicken
- Fish
- Soy protein
- Soybeans
- 🔥 Ham, Pork
- Eggs
- 🔥 Liver
- Vegetable patty
- Cottage cheese
- Baked beans
- Milk



VITAMINS

Vitamin A

- Norwegian cod liver oil
- 🔥 Liver
- Parsley
- Carrots
- Sweet potatoes
- Swiss chard
- Spinach (raw)
- Mangoes
- Butternut squash
- Beet greens
- Chives
- 🔥 Egg yolks
- Watercress
- Winter squash
- Tomatoes
- Cantaloupe (rockmelon)
- Broccoli

Vitamin B1 (thiamine)

- Yeast, Brewer's
- Rice, bran
- Wheatgerm (fresh)
- 🔥 Sunflower seeds
- 🔥 Pine nuts
- 🔥 Soya milk
- 🔥 Sesame seeds
- 🔥 Peanuts (raw)
- 🔥 Pistachio nuts
- Buckwheat
- Wheat bran
- Rolled oats
- Wholemeal pastas
- Whey powder

- Lima beans
- Pinto beans
- Mung beans
- Peas
- 🔥 Egg yolks
- 🔥 Cornmeal
- 🔥 Brazil nuts
- Lentils
- Broadbeans

Vitamin B2 (riboflavin)

- 🔥 Liver
- Yeast, brewer's
- Whey powder
- Wheatgerm (fresh)
- 🔥 Almonds
- Mushrooms
- 🔥 Egg yolks
- Swiss and cheddar cheese
- Millet
- Soy beans
- Parsley
- Cashew nuts
- Rice bran
- Lentils
- 🔥 Sesame and sunflower seeds
- Rye
- Broccoli
- Mung beans
- 🔥 Avocados
- Asparagus
- Dark leafy greens

Niacin

- 🔥 Salmon, Tuna
- Chicken
- 🔥 Halibut
- 🔥 Liver
- Beef
- 🔥 Organ meats
- 🔥 Peanuts
- All bran (wheat, rice, oat)
- Yeast, brewer's
- Fish (white)
- Veal
- Mushrooms
- Brown rice
- Bulghur wheat
- 🔥 Sesame, sunflower seeds
- Wholemeal pastas
- Buckwheat
- Peaches (dried)

Vitamin B6 (pyridoxine)

- Chicken
- 🔥 Beef kidney
- Tuna
- 🔥 Walnuts
- 🔥 Salmon
- Brook trout
- Lentils
- Lima beans, dried
- Buckwheat
- Black-eyed peas
- Navy beans
- Brown rice
- 🔥 Hazelnuts
- Chickpeas
- Pinto beans
- Bananas
- Albacore tuna
- Halibut
- 🔥 Avocados
- Wholegrain wheat
- Chestnuts
- Kale
- Wholegrain rye
- Spinach
- Turnip greens
- Sweet red peppers
- Potatoes
- Sardines
- Brussels sprouts
- Perch
- Cod
- Barley

- Sweet potatoes
- Cauliflower
- Popcorn
- Red cabbage
- Leeks

Vitamin B12 (cyanocobalamin)

- 🔥 Liver
- 🔥 Beef kidney
- 🔥 Beef
- Chicken
- 🔥 Clams
- 🔥 Oysters
- Sardines
- Brook trout
- 🔥 Salmon
- Tuna
- Haddock
- Flounder
- Scallops
- Cottage cheese (low fat)
- Halibut
- Perch
- 🔥 Swordfish

Vitamin B5 (pantothenic acid)

- 🔥 Liver
- 🔥 Organ meats
- Eggs
- Soybeans
- Broccoli
- Wheatgerm (fresh)
- Wheat bran
- Crude molasses
- Wholegrain breads and cereals
- 🔥 Peanuts
- Mushrooms
- 🔥 Beef
- Haddock
- Yeast, brewer's
- Green leafy vegetables
- Peas and beans

Folic acid (vitamin B9)

- 🔥 Chicken liver
- 🔥 Beef liver
- Wheatgerm (fresh)
- Asparagus
- Lettuce
- Dark leafy green vegetables



Spinach
Orange juice (fresh)
Legumes
Broccoli
Irish potatoes
Nuts (raw, unsalted)

Biotin

Yeast, brewer's
Rice, brown
Soybeans
Liver
Kidney

**PABA
(para amino benzoic acid)**

Yeast, brewer's
Whole grains
Milk
Eggs
Yoghurt
Wheatgerm (fresh)
Molasses
Liver

Choline

Granular or liquid lecithin
Yeast, brewer's
Wheatgerm (fresh)
Egg yolks
Liver
Green leafy vegetables
Legumes

Inositol

Yeast, brewer's
Wheatgerm (fresh)
Lecithin
Whole grains
Oatmeal
Corn
Nuts (raw, unsalted)

Milk
Molasses
Citrus fruits
Liver

Vitamin C

Red chilli peppers
Guavas
Red sweet peppers
Kale
Parsley
Collards
Turnip greens
Green sweet peppers
Broccoli
Brussels sprouts
Mustard greens
Cauliflower
Persimmons
Red cabbage
Strawberries
Papayas
Spinach
Oranges
Cabbage
Lemons
Grapefruit
Turnips
Mangoes
Watercress
Asparagus
Cantaloupe (rockmelon)
Swiss chard
Green onions
Okra
Tangerines
New Zealand spinach
Oysters
Lima beans
Black-eyed peas
Green peas
Radishes

Raspberries
Chinese cabbage
Yellow summer squash
Honeydew melon
Tomatoes

Vitamin E

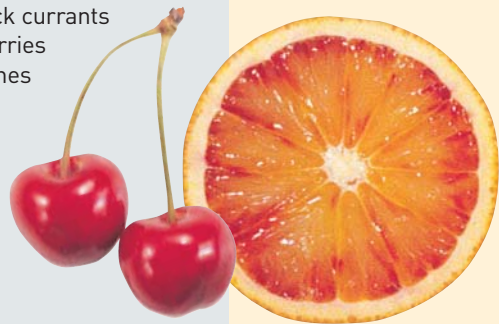
Soybean oil (crude, unrefined)
Wheatgerm oil (crude, unrefined)
Corn oil (crude, unrefined)
Wheatgerm (fresh)
Whole grains
Nuts (raw, unsalted)
Seeds, (raw, unsalted)
Sprouts
Green leafy vegetables
Eggs

Flavonoids

Fresh fruits, vegetables
Buckwheat
Citrus (especially the pulp)
Green peppers
Grapes
Apricots
Strawberries
Black currants
Cherries
Prunes

ESSENTIAL FATTY ACIDS (linoleic acid)

Vegetable oils (crude, unrefined)
Safflower
Sunflower
Corn
Soybean
Sesame
Walnuts
Pistachio nuts
Sunflower seeds
Sesame seeds
Flax seeds



Metagenics

Metagenics, Australia's leading educator and supplier of Practitioner Only Natural Medicines is proud to present "Foods High in Essential Nutrients." For more information on products and upcoming seminars, contact Metagenics on 1800 777 648.

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MINERALS

Calcium

- Collard, Turnip greens
- Almonds
- Parsley
- Corn tortillas, lime added
- Dandelion greens
- Watercress
- Buttermilk
- Yoghurt
- Beet greens
- Buckwheat
- Sesame seeds
- Broccoli
- Walnuts
- Cottage cheese, low fat
- Spinach
- Pecans
- Romaine
- Rutabaga
- Green beans
- Globe artichokes
- Dry beans
- Cabbage
- Sprout
- Wholegrain wheat
- Oranges
- Celery
- Wholegrain rice
- Carrots
- Barley
- Sweet potatoes
- Brown rice
- Garlic
- Summer squash
- Onions
- Lemons
- Green peas
- Cauliflower
- Lentils
- Cherries
- Asparagus
- Winter squash
- Strawberries
- Millet
- Pineapple
- Grapes
- Beets
- Cantaloupe (rockmelon)
- Jerusalem artichokes
- Tomatoes
- Eggplant
- Chicken/turkey
- Bananas

Chromium

- Liver
- Yeast, brewer's
- Yeast, leavened bread products
- Beer
- Wheatgerm (fresh)
- Mushrooms

Copper

- Liver
- Heart
- Spleen
- Eggs
- Yeast, brewer's
- Almonds
- Peas
- Green leafy vegetables
- Whole grains
- Prunes
- Raisins
- Pomegranates

Fluorine

- Steel-cut oats
- Sunflower seeds
- Milk and cheese
- Goats' milk
- Carrots
- Garlic
- Beet tops
- Green vegetables
- Almonds

Iodine

- Ocean fish
- Shell fish
- Spinach
- Seaweeds, Kelp, Dulse
- Swiss chard
- Turnip greens
- Garlic
- Watercress
- Pineapple
- Peas
- Artichokes
- Citrus fruits
- Egg yolks

Iron

- Prune juice
- Liver
- Beef
- Soybeans

- Baked beans
- Ham
- Organ meats
- Chicken
- Eggs
- Millet
- Parsley
- Kidney beans
- Clams
- Dried split peas
- Mussels
- Oysters
- Venison
- Almonds
- Hazelnuts
- Wholegrain oats
- Sardines
- Jerusalem artichokes
- Wholegrain wheat
- Beet greens
- Swiss chard
- Dandelion greens
- Walnuts
- Spinach
- Sesame seeds
- Pecans
- Lentils

Magnesium

- Almonds
- Buckwheat
- Hazelnuts
- Millet
- Wholegrain wheat
- Pecans
- Walnuts
- Wholegrain rye
- Beet greens
- Spinach
- Brown rice
- Swiss chard
- Collard greens
- Shrimp
- Corn
- Avocados
- Parsley
- Dry beans
- Barley
- Dandelion greens
- Garlic
- Fresh green peas
- Potato with skin
- Crab
- Banana



- Sweet potatoes
- Blackberries
- Beets
- Broccoli
- Cauliflower
- Carrots
- Celery
- Asparagus
- Turkey/chicken
- Green peppers
- Winter squash
- Cantaloupe (rockmelon)
- Eggplant
- Tomato
- Cabbage
- Grapes
- Skim milk
- Pineapple
- Mushrooms
- Onions
- Oranges
- Plums
- Apples

Manganese

- Wheatgerm (fresh)
- Liver
- Heart
- Green leafy vegetables
- Spinach
- Beets
- Brussels sprouts
- Blueberries
- Oranges
- Grapefruit
- Apricots
- Bran
- Peas
- Kelp
- Egg yolks (raw)

Phosphorous

- Tuna
- Sweetbreads
- Wheatgerm (fresh)
- Soybeans

- 🔥 Beef liver, fried
- 🔥 Brazil nuts
- 🔥 Beef
- 🔥 Skim milk
- 🔥 Processed cheese
- 🔥 Fish
- 🔥 Dried fruits
- 🔥 Corn

Potassium

- 🔥 Kidney beans
- 🔥 Parsley
- 🔥 Dry split peas
- 🔥 Lentils
- 🔥 Sesame seeds
- 🔥 Fennel
- 🔥 Almonds
- 🔥 Lima beans
- 🔥 Buckwheat
- 🔥 Spinach
- 🔥 Hazelnuts
- 🔥 Garden cress
- 🔥 Avocados
- 🔥 Pecans
- 🔥 Yams
- 🔥 Sardines
- 🔥 Fresh horseradish
- 🔥 Swiss chard
- 🔥 Sweet potatoes
- 🔥 Garlic
- 🔥 Mushrooms
- 🔥 Brook trout
- 🔥 Walnuts
- 🔥 Brussel sprouts
- 🔥 Turnip greens
- 🔥 Apricots
- 🔥 Artichokes
- 🔥 Millet
- 🔥 Bananas
- 🔥 Scallops
- 🔥 Potato with skin
- 🔥 Kale

- 🔥 Broccoli
- 🔥 Winter squash
- 🔥 Chicken/turkey
- 🔥 Carrots
- 🔥 Celery
- 🔥 Radishes
- 🔥 Cauliflower
- 🔥 Winter squash
- 🔥 Asparagus
- 🔥 Red cabbage
- 🔥 Cantaloupe (rockmelon)
- 🔥 Lentils
- 🔥 Tomatoes
- 🔥 Papaya
- 🔥 Eggplant
- 🔥 Green peppers
- 🔥 Beets
- 🔥 Peaches
- 🔥 Summer squash
- 🔥 Oranges

Selenium

- 🔥 Yeast, brewer's
- 🔥 Liver
- 🔥 Apple cider vinegar
- 🔥 Scallops
- 🔥 Barley
- 🔥 Wholegrain wheat
- 🔥 Lobster
- 🔥 Shrimp
- 🔥 Red Swiss chard
- 🔥 Wholegrain oats
- 🔥 Clams
- 🔥 King crab
- 🔥 Oysters
- 🔥 Skim milk
- 🔥 Cod
- 🔥 Brown rice
- 🔥 Turnips
- 🔥 Garlic
- 🔥 Barley
- 🔥 Mushrooms

- 🔥 Turkey/chicken
- 🔥 Radishes
- 🔥 Pecans
- 🔥 Hazelnuts
- 🔥 Almonds
- 🔥 Green beans
- 🔥 Kidney beans
- 🔥 Onions
- 🔥 Carrots
- 🔥 Cabbage
- 🔥 Oranges

Silicon

- 🔥 Young green plants (horse tail)
- 🔥 Nettle
- 🔥 Alfalfa
- 🔥 Kelp
- 🔥 Flaxseed
- 🔥 Steel-cut oats
- 🔥 Apples
- 🔥 Strawberries
- 🔥 Grapes
- 🔥 Beets
- 🔥 Onions
- 🔥 Parsnips
- 🔥 Almonds
- 🔥 Peanuts
- 🔥 Sunflower seeds

Sulphur

- 🔥 Radishes
- 🔥 Turnips
- 🔥 Onions
- 🔥 Celery
- 🔥 Horseradish
- 🔥 String beans
- 🔥 Watercress
- 🔥 Kale
- 🔥 Soybeans
- 🔥 Fish
- 🔥 Meat

Zinc

- 🔥 Oysters
- 🔥 Ginger root
- 🔥 Pecans
- 🔥 Split peas
- 🔥 Wholegrain wheat
- 🔥 Wholegrain rye
- 🔥 Wholegrain oats
- 🔥 Lima beans
- 🔥 Almonds
- 🔥 Walnuts
- 🔥 Sardines
- 🔥 Turkey/chicken
- 🔥 Buckwheat
- 🔥 Hazelnuts
- 🔥 Clams
- 🔥 Tuna
- 🔥 Haddock
- 🔥 Green peas
- 🔥 Shrimp
- 🔥 Turnips
- 🔥 Black pepper
- 🔥 Paprika
- 🔥 Dry mustard
- 🔥 Chilli powder
- 🔥 Thyme
- 🔥 Cinnamon
- 🔥 Black pepper, paprika, dry mustard, chilli powder, thyme and cinnamon have appreciable amounts of zinc



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