

Get Your Vitamins from Food

Taking supplements **should not** be your first line of defense for health. Being strategic about what you put in your body as well as on your body should be first and foremost your first line of defense.

But while you are changing your lifestyle, you may need to implement supplements into your diet but don't necessarily let that be long term a long-term strategy.

How can you get your necessary vitamins? Food. But most don't know what those foods are. This document will help you understand the foods to eat and the vitamins those foods give you. Additionally, I **recommend as much as possible to eat Organic or at least follow the EWG guidelines for Dirty Dozen/Clean 15.** <https://www.ewg.org/foodnews/dirty-dozen.php> and <https://www.ewg.org/foodnews/clean-fifteen.php>

Sadly, our food supply has been altered to be toxic in many cases. I am a "eat from scratch" person as best I can. If I want a cake, I don't open a box of cake mix. I make it from scratch. It is just a few more minutes of time but then you know the ingredients that are in your delicious creation ... and it's much tastier and healthier.

| VITAMIN | SOURCES |
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| A | Green and yellow fruits, green and yellow vegetables, dairy, fish liver oil, apricots, beef liver, spinach, carrots, cantaloupe, raw dairy, eggs, pumpkin, red peppers, sweet potatoes |
| B1 <i>Thiamine</i> | Blackstrap molasses, brewer's yeast, brown rice, fish, meat, nuts, organ meat, poultry, wheat germ, peanuts, sunflower seeds, brazil nuts, beans & peas, pork, whole grains |
| B2 <i>Riboflavin</i> | Blackstrap molasses, nuts, beef liver, whole grains, almonds, Brussel sprouts, brewer's yeast, eggs, meat, raw dairy, mushrooms, poultry, seafood, spinach |
| B6 <i>Pyridoxine</i> | Blackstrap molasses, brewer's yeast, green leafy vegetables, meat, beef liver, wheat germ, whole grains, desiccated liver, prunes, brown rice, peas, chickpeas, non-citrus fruits, potatoes, salmon, tuna |
| B12 <i>Cobalamin</i> | Cheese, raw dairy, beef liver, tuna, eggs, meat, poultry, seafood |
| Biotin | Legumes, whole grains, beef liver, brewer's yeast, lentils, mung bean sprouts, |

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| <i>B Complex</i> | egg yolk, soybeans (be sure they are organic), avocados, cauliflower, eggs, fruits (especially raspberries), pork salmon, whole grains |
| Choline <i>B Complex</i> | Brewer's yeast, fish, legumes, beef liver, soybeans (be sure they are organic), wheatgerm lecithin, egg yolks, nuts, beans & peas, raw dairy, broccoli, cauliflower, spinach |
| Folate <i>Folacin</i> <i>B Complex</i> | Green leafy vegetables, dairy products, organ meats, oysters, whole grains brewer's yeast, dates, spinach, grass-fed animals, wild-caught fish, raw dairy products, free-range poultry, eggs, avocados, bean & peas, oranges, nuts, liver, whole grains, |
| Inositol <i>B Complex</i> | Blackstrap molasses, citrus fruits, brewer's yeast, dairy, nuts, vegetables, whole grains, oranges, grapefruit, nuts, brewer's yeast |
| Niacin <i>Niacinamide</i> | Brewer's yeast, seafood, lean meats, dairy, poultry, desiccated liver, rhubarb, chicken, nuts, beans, beef, pork, seafood, whole grains |
| Pantothenic Acid <i>B Complex</i> | Brewer's yeast, legumes, beef liver, salmon, wheat germ, whole grains, mushrooms, elderberries, orange, avocados, beans & peas, broccoli, eggs, raw dairy, poultry, sweet potatoes, whole grains, yogurt |
| Para Aminobenzoic Acid <i>Paba B Complex</i> | Blackstrap molasses, brewer's yeast, beef liver, wheat germ |
| Pangamic Acid <i>B15</i> | Brewer's yeast, brown rice, meat (rare), seeds such as sunflower, sesame, pumpkin, whole grains, organ meat |
| C <i>Ascorbic Acid</i> | Citrus fruits, cantaloupe, green peppers, broccoli, papaya, strawberries bell peppers, kiwi, Brussel sprouts, tomatoes |
| D | Egg yolks, beef liver, bone meat, dairy, salmon, tuna, mushrooms, pork and sunlight |
| E <i>Tocopherol</i> | Dark green vegetables, eggs, liver, organ meats, wheatgerm, desiccated liver, oatmeal, safflower oil, peanuts (<i>roasted with skin</i>), almonds, tomatoes, wheatgerm, olives, basil, sunflower seed, avocados |
| F <i>Unsaturated fatty acids</i> | Safflower oil, wheat germ, sunflower seeds |
| K <i>Menadione</i> | Green leafy vegetables, safflower oil, blackstrap molasses, yogurt, oatmeal, beef liver, raw dairy products, cabbage, spinach, broccoli, kale |
| P <i>Bioflavonoids</i> | Fruits (skin and pulp), apricots, cherries, grapes, grapefruit, lemons, plums oranges, pears |

MINERALS**SOURCES**

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| Calcium | Raw dairy, cheese, molasses, yogurt, bone meal, almonds, beef liver, kale, broccoli, collard greens |
| Chromium | Brewer's yeast, clams, whole grains, broccoli, apples, bananas, meat, garlic, basil, turkey, whole grains |
| Copper | Legumes, nuts, organ meats, seafood, raisins, molasses, bone meal, brazil nuts, soybeans (be sure it's organic), chocolate, cacao, nuts & seeds |
| Chloride | Olives, rye, seaweed, sea salt, celery, lettuce, tomatoes |
| Iodine | Seafood, kelp |
| Iron | Blackstrap molasses, eggs, fish, beef liver, poultry, wheat germ, desiccated liver |
| Magnesium | Bran, honey, green vegetables, nuts, seafood, organic spinach, Swiss Chard bone meal, kelp, peanuts (<i>roasted with skin</i>), tuna, kale, pumpkin seeds, chia seeds, sesame seeds, sunflower seeds, avocado, Black Beans, Beet Greens, quinoa, cashews, figs, yogurt, dark chocolate, raw cacao |
| Manganese | Bananas, bran, celery, cereals, egg yolks, green leafy vegetables, legumes, liver, nuts, pineapples, whole grains |
| Phosphorus | Eggs, fish, grains, glandular meats, meat, poultry, yellow cheese, calf liver, raw dairy, yogurt, eggs |
| Potassium | Dates, figs, peaches, apricots, bananas, tomato juice, blackstrap molasses, peanuts, raisins, seafood such as flounder, potatoes, sunflower seeds, coconut water, avocados, spinach, mushrooms, yogurt, meat, whole grains, legumes |
| Selenium | Seafood, seeds, nuts (especially Brazil) |
| Sodium | Sea Salt, raw dairy, cheese, seafood |
| Sulphur | Bran, cheese, clams, eggs, nuts, fish, wheat germ |
| Zinc | Brewer's yeast, liver, seafood, spinach, soybeans (be sure it's organic), sunflower seeds, mushrooms, wheat germ |

PHYTOCHEMICALS**SOURCES**

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| Indoles | Broccoli, cauliflower, cabbage, Brussels sprouts, kale |
| Flavonoids | Berries, citrus fruit, green tea, onions, cranberries, parsley |
| Chlorophyll | Green leafy vegetables, wheat grass, garlic broccoli |
| Carotenoids | Carrots, spinach, pumpkin, cantaloupe |
| Lutein | Kale, spinach, leafy greens, lettuce, peas, kiwi fruit |
| Beta-Carotene | Carrots, pumpkin, mangos, apricots, peaches |
| Lycopene | Tomato-based products, fresh tomatoes |
| Anthocyanins | Strawberries, raspberries, red apples, cabbage, blueberries, black Berries, purple grapes, black currants |
| Phenolics | Eggplant, dried raisins, plums |
| Allicin | Garlic, onions, leeks, scallion, chives |