



MICRONUTRIENT FOOD SOURCES

For Metabolism Reset Course in P2 OnDemand

B vitamins in general

Salmon, trout
Spinach, raw
Spinach, cooked
Collard greens, cooked
Turnip greens, cooked
Romaine lettuce, raw
Liver/organ meats from beef, pork, lamb or chicken -- gross but can be cooked in things and so good for you
Egg
Milk, yogurt
Beef
Pork
Chicken, turkey
Oysters
Clams
Mussels
Black beans
Chickpeas (garbanzo beans)
Edamame (green soybeans)
Green peas
Kidney beans
Lentils
Pinto beans
Roasted soy nuts
Nutritional yeast (topping)
Fortified cereals
Sunflower seeds

B1

Fortified cereal
Pork
Fish
Beans, lentils
Peas
Sunflower seeds
Yogurt
Cauliflower
Oranges
Potatoes
Asparagus
Kale



B12

Meat, poultry, fish (beef liver, salmon, tuna, cod, chicken, turkey)
Dairy (milk, cheese, yogurt)
Whole eggs (yolk specifically)
Fortified juices and cereals
Fortified plant milk (soy, almond)
Nutritional yeast

Iodine

The body of a healthy adult contains from 15 to 20 mg of iodine, 70%-80% of which is in the thyroid. Iodine nutrition can be assessed by dietary sources of iodine. Saltwater fish and seafood, and especially some types of seaweeds have high natural iodine content). Milk and dairy products are important iodine sources for children. Drinking water drawn from certain aquifers or water disinfected with iodine can also be rich in iodine). The large day-to-day variations make it difficult to quantify the usual iodine intake, and dietary assessment of iodine intake is not practical to determine). National Library of Medicine

Choline

Liver
egg yolks
salmon
cod
tilapia
chicken breast
legumes

Vitamin E

Veg oils (sunflower, safflower, corn, soybean)
Nuts/seeds (almonds, peanuts, hazelnuts, sunflower seeds)
Green leafy veggies
Broccoli
Fortified cereals, juice, margarine

Selenium

Brazil nuts (one a day!)



Magnesium

Pumpkin seed - kernels: Serving Size 1 oz, 168 mg
Almonds, dry roasted: Serving Size 1 oz, 80 mg
Spinach, boiled: Serving Size ½ cup, 78 mg
Cashews, dry roasted: Serving Size 1 oz, 74 mg
Pumpkin seeds in shell: Serving Size 1 oz, 74 mg
Peanuts, oil roasted: Serving Size ¼ cup, 63 mg
Cereal, shredded wheat: Serving Size 2 large biscuits, 61 mg
Soymilk, plain or vanilla: Serving Size 1 cup, 61 mg
Black beans, cooked: Serving Size ½ cup, 60 mg
Edamame, shelled, cooked: Serving Size ½ cup, 50 mg
Dark chocolate -60-69% cocoa: Serving Size 1 oz, 50 mg
Peanut butter, smooth: Serving Size 2 tablespoons, 49 mg
Bread, whole wheat: Serving Size 2 slices, 46 mg
Avocado, cubed: Serving Size 1 cup, 44 mg
Potato, baked with skin: Serving Size 3.5 oz, 43 mg
Rice, brown, cooked: Serving Size ½ cup, 42 mg
Yogurt, plain, low fat: Serving Size 8 oz, 42 mg
Breakfast cereals fortified: Serving Size 10% fortification, 40 mg
Oatmeal, instant: Serving Size 1 packet, 36 mg
Kidney beans, canned: Serving Size ½ cup, 35 mg
Banana: Serving Size 1 medium, 32 mg
Cocoa powder— unsweetened: Serving Size 1 tablespoon, 27 mg
Salmon, Atlantic, farmed: Serving Size 3 oz, 26 mg
Milk: Serving Size 1 cup, 24–27 mg
Halibut, cooked: Serving Size 3 oz, 24 mg
Raisins: Serving Size ½ cup, 23 mg
Chicken breast, roasted: Serving Size 3 oz, 22 mg
Beef, ground, 90% lean: Serving Size 3 oz, 20 mg
Broccoli, chopped & cooked: Serving Size ½ cup, 12 mg
Rice, white, cooked: Serving Size ½ cup, 10 mg
Apple: Serving Size 1 medium, 9 mg
Carrot, raw: Serving Size 1 medium, 7 mg

[Magnesium-Rich Food Information](#)



Omega 3

Mackerel, Salmon, Herring
Bluefin, albacore tuna
Freshwater white fish
Anchovy
Halibut
Sea bass
Flax seeds, Chia seeds
Walnuts
Soy
Canola oil
Algae
Spirulina

Essential amino acids (necessary proteins)

All meats, eggs, dairy
Quinoa
Soy
Buckwheat
Hemp seeds
Chia seeds
Spirulina

Calcium

Dairy (cheese, yogurt, milk)
Collard greens
Kale
Broccoli, broccoli rabe
Bok choy
Figs
Oranges
Soy/soybeans
Soy milk
Sardines
Fortified breakfast cereals and juices
Fortified oatmeal
Fortified breads
Salmon
Shrimp



Potassium

Bananas
Oranges
Cantaloupe
Honeydew
Apricots
Grapefruit
Cooked spinach
Cooked broccoli
Potatoes
Sweet potatoes
Mushrooms
Peas
Cucumbers
Zucchini
Pumpkins
Leafy greens
Orange juice
Tomato juice
Prune juice
Apricot juice
Grapefruit juice
Tuna
Halibut
Cod
Trout
Rockfish
Lima beans
Pinto beans
Kidney beans
Soybeans
Lentils
Salt substitutes (read labels to check potassium levels)
Molasses
Nuts
Meat and poultry
Brown and wild rice
Bran cereal
Whole-wheat bread and pasta



Vitamin C

Bell pepper
Orange, orange juice
Grapefruit/grapefruit juice
Kiwi
Broccoli
Brussels sprouts
Tomato/tomato juice
Cantaloupe
Cabbage
Cauliflower
Potato
Spinach (cooked)
Peas

Iron

Red meat, pork and poultry
Seafood
Beans
Dark green leafy vegetables, such as spinach
Dried fruit, such as raisins and apricots
Iron-fortified cereals, breads and pastas
Peas

Folate

Broccoli
Brussels sprouts
Leafy green vegetables (cabbage, kale, spring greens and spinach)
Peas
Chickpeas and kidney beans
Liver
Breakfast cereals fortified with folic acid



Vitamin A

Table 2: Vitamin A Content of Selected Foods [16]

Food	mcg RAE per serving	Percent DV*
Beef liver, pan fried, 3 ounces	6,582	731
Sweet potato, baked in skin, 1 whole	1,403	156
Spinach, frozen, boiled, ½ cup	573	64
Pumpkin pie, commercially prepared, 1 piece	488	54
Carrots, raw, ½ cup	459	51
Herring, Atlantic, pickled, 3 ounces	219	24
Ice cream, French vanilla, soft serve, ⅔ cup	185	21
Milk, skim, with added vitamin A and vitamin D, 1 cup	149	17
Cantaloupe, raw, ½ cup	135	15
Cheese, ricotta, part skim, ½ cup	133	15
Peppers, sweet, red, raw, ½ cup	117	13
Mangos, raw, 1 whole	112	12
Breakfast cereals, fortified with 10% of the DV for vitamin A, 1 serving	90	10
Egg, hard boiled, 1 large	75	8
Black-eyed peas (cowpeas), boiled, 1 cup	66	7
Apricots, dried, sulfured, 5 apricots	63	7
Broccoli, boiled, ½ cup	60	7
Salmon, sockeye, cooked, 3 ounces	59	7
Tomato juice, canned, ¾ cup	42	5
Yogurt, plain, low fat, 1 cup	32	4
Tuna, light, canned in oil, drained solids, 3 ounces	20	2
Baked beans, canned, plain or vegetarian, 1 cup	13	1
Summer squash, all varieties, boiled, ½ cup	10	1
Chicken, breast meat and skin, roasted, ½ breast	5	1
Pistachio nuts, dry roasted, 1 ounce	4	0

NIH Database



Zinc

Fortified breakfast cereals
Oysters, 3 ounces (oz): 74 mg
Beef patty, 3 oz: 5.3 mg
Alaska king crab, 3 oz: 6.5 mg
Fortified breakfast cereal, 3/4 cup serving: 3.8 mg
Cooked lobster, 3 oz: 3.4 mg
Cooked pork chop loin, 3 oz: 2.9 mg
Baked beans, 1/2 cup serving: 2.9 mg
Dark meat chicken, 3 oz: 2.4 mg
Beef
Whole grains
Beans
Nutritional yeast
Nuts
Oats
Seeds
Wheat germ

Vitamin K

Kale (cooked) — 100 grams: 817 mcg (681% DV)
Mustard Greens (cooked) — 100 grams: 593 mcg (494% DV)
Swiss Chard (raw) — 100 grams: 830 mcg (692% DV)
Collard Greens (cooked) — 100 grams: 407 mcg (339% DV)
Natto — 100 grams: 1,103 mcg (920% DV)
Spinach (raw) — 100 grams: 483 mcg (402% DV)
Broccoli (cooked) — 100 grams: 141 mcg (118% DV)
Brussels Sprouts (cooked) — 100 grams: 140 mcg (117% DV)
Beef Liver — 100 grams: 106 mcg (88% DV)
Pork Chops — 100 grams: 69 mcg (57% DV)
Chicken — 100 grams: 60 mcg (50% DV)
Goose Liver Paste — 100 grams: 369 mcg (308% DV)
Green Beans (cooked) — 100 grams: 48 mcg (40% DV)
Prunes — 100 grams: 60 mcg (50% DV)
Kiwi — 100 grams: 40 mcg (34% DV)
Soybean Oil — 100 grams: 184 mcg (153% DV)
Hard Cheeses — 100 grams: 87 mcg (72% DV)
Avocado — 100 grams: 21 mcg (18% DV)
Green Peas (cooked) — 100 grams: 26 mcg (22% DV)
Soft Cheeses — 100 grams: 59 mcg (49% DV)



Copper

Shellfish
Whole grains
Beans
Nuts
Potatoes
Organ meats
Dark leafy greens
Some dried fruit (prunes)

Manganese

Mussels, blue, cooked
Hazelnuts, dry roasted
Pecans, dry roasted
Brown rice, medium grain, cooked
Oysters, Pacific, cooked
Clams, cooked
Chickpeas, cooked
Spinach, boiled
Pineapple, raw
Soybeans, boiled
Bread, whole wheat
Oatmeal
Peanuts, oil-roasted
Tea, black, brewed
Lentils, cooked
Potato, flesh and skin, baked
White rice, long grain, cooked
Kidney beans, canned, drained, rinsed
Squash, acorn, cooked
Blueberries, raw
Sesame seeds, dried
Kale, raw
Black pepper
Asparagus, boiled
Apple, raw, with skin
Lettuce, romaine, raw
Coffee, brewed
Shrimp, cooked
Tuna, white, canned in water, drained
Chicken, breast, roasted
Ground beef, cooked
Egg, whole, hard-boiled
Milk, 1%
Yogurt, low-fat, plain



Phosphorus

Table 2: Phosphorus Content of Selected Foods [25]

Food	Milligrams (mg) per serving	Percent DV*
Yogurt, plain, low fat, 6-ounce container	245	20
Milk, 2% milkfat, 1 cup	226	18
Salmon, Atlantic, farmed, cooked, 3 ounces	214	17
Scallops, breaded and fried, 3 ounces	201	16
Cheese, mozzarella, part skim, 1.5 ounces	197	16
Chicken, breast meat, roasted, 3 ounces	182	15
Lentils, boiled, ½ cup	178	14
Beef patty, ground, 90% lean meat, broiled, 3 ounces	172	14
Cashew nuts, dry roasted, 1 ounce	139	11
Potatoes, Russet, flesh and skin, baked, 1 medium	123	10
Kidney beans, canned, ½ cup	115	9
Rice, brown, long-grain, cooked, ½ cup	102	8
Peas, green, boiled, ½ cup	94	8
Oatmeal, cooked with water, ½ cup	90	7
Egg, hard boiled, 1 large	86	7
Tortillas, corn, 1 medium	82	7
Bread, whole wheat, 1 slice	60	5
Sesame seeds, 1 tablespoon	57	5
Bread, pita, whole wheat, 4-inch pita	50	4
Asparagus, boiled, ½ cup	49	4
Tomatoes, ripe, chopped, ½ cup	22	2
Apple, 1 medium	20	2
Cauliflower, boiled, 1" pieces, ½ cup	20	2
Beverages, carbonated, cola, 1 cup	18	1
Clementine, 1 medium	16	1
Tea, green, brewed, 1 cup	0	0

NIH Database