



Getting the nutrients you need ...naturally

A varied diet of natural whole foods is one of the best ways to get all the nutrients you need to stay healthy. The charts below show the best natural sources of key vitamins, minerals and other important nutrients that we all need on a regular basis.

Vitamins	Sources
Folate	Green leafy vegetables (especially sprouts & spinach), green beans & peas, potatoes; fruit, especially oranges Niacin Potatoes
Thiamin	All cereals, potatoes. Also present in vegetables
Vitamin B6	Chickpeas, potatoes, banana. Also salmon, tuna, chicken, turkey
Vitamin C	Richest sources are citrus fruit, kiwi fruit and soft fruits <i>e.g.</i> blackcurrants, strawberries. Other sources include green vegetables, peppers and potatoes (especially new potatoes)
Vitamin E	Vegetable oils, wholegrain cereals, vegetables (especially dark green leafy types), fruit, cereals
Vitamin K	Green leafy vegetables. Also in other vegetables, fruit, vegetable oils and cereals

Minerals	Sources
Calcium	Pulses, green vegetables, dried fruit and nuts
Chromium	Wholegrains, broccoli, grape juice, and to a lesser extent legumes and nuts
Copper	Cereals, vegetables, oysters and other shellfish, nuts and beans
Iodine	Sea vegetables <i>e.g.</i> kelp, fish, beer
Iron	Vegetables, pulses; to a lesser extent potatoes and dried fruit
Magnesium	Cereals (especially wholegrain), green vegetables, nuts & seeds
Manganese	Tea is a major source. Other sources include wholegrain cereals, vegetables, nuts and seeds

Molybdenum	Vegetables and cereals. Also present in pulses
Potassium	Particularly abundant in vegetables, potatoes and fruit. It is also found in cereals, nuts and seeds
Selenium	Cereals, brazil nuts, tuna, cod, white meats, eggs, egg noodles, wholemeal bread, brown rice
Zinc	Cereals (especially wholegrain varieties), lentils, nuts, corn and rice

Carotenoids	Sources
alpha-carotene	Carrots, squash, oranges, tangerines; other sources include passion fruit and kumquats
beta-carotene	Orange vegetables (<i>e.g.</i> carrots), green leafy vegetables (<i>e.g.</i> spinach), tomato products; other sources include apricots, guava, mangoes, orange melons, passion fruit
beta-cryptoxanthin	Oranges. Also red peppers, papaya, watermelon
Glucosinolates (<i>sulphur-containing glucosides</i>)	Brassica vegetables <i>e.g.</i> Brussels sprouts, cabbage, broccoli. Soya, other pulses, seeds <i>e.g.</i> linseed, grains, nuts
Lutein and zeaxanthin	Green leafy vegetables, tea, red wine, onions and apples are rich sources. Cocoa and hence dark chocolate primarily provide flavanols. Sources of specific types of compounds include grapes, berries and cherries (flavonols, anthocyanidins); parsley, thyme and celery (flavones) and citrus fruit (flavanones)
Lycopene	Tomato is one of the best sources – cooked products <i>e.g.</i> ketchup, have higher amounts than raw tomatoes. Small amounts found in watermelon, pink grapefruit, guava, papaya, rosehips. Very high amounts in the exotic Vietnamese fruit, Gac.
Sterols (<i>precursors to fat soluble vitamins and steroid hormones</i>)	Naturally present in vegetable oils <i>e.g.</i> soya oil. Also present in cereals, nuts and vegetables, onions, leeks, garlic, chives (also see glucosinolates)
Terpenoids (<i>primary constituents of plant essential oils</i>)	Pungent herbs and spices <i>e.g.</i> mint, sage, coriander, rosemary, ginger

Fatty acids	Sources
MUFA	Olive oil and rapeseed oil. Also present in other seed and nut oils
Omega-6	Rich sources are sunflower, safflower and corn oils. Also present in other seed and nut oils
Omega-3	Long chain omega-3 fatty acids (EPA & DHA): oily fish e.g. sardines, mackerel, salmon, anchovies, herring and some eggs and dairy products. Shorter chain beta-linolenic acid: linseed (flax), grapeseed and rapeseed oils, walnut oil and walnuts. Also green leafy vegetables, soya beans (and soya oil) and hazelnuts

Fibre	Sources
Insoluble fibre	All cereals (especially wholegrain varieties), vegetables, fruit, pulses, nuts
Soluble fibre	Oats, peas, beans, apples, citrus fruits, carrots, barley and psyllium

Sources: BNF (British Nutrition Foundation) (2003) Plants: Diet and Health. Report of a British Nutrition Foundation Task Force. G Goldberg (Editor). Blackwell Publishing, Oxford; Office of Dietary Supplements, National Institutes of Health, Dietary Supplement Fact Sheets, Online: <http://ods.od.nih.gov/factsheets/list-all>