















































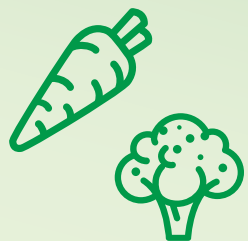
	Fruit	Vegetables	Grains	Nuts/Seeds	Dairy	Protein	Other
<b>VITAMIN A</b> (FULLY-FORMED)					 ✓ Butter ✓ Milk	 ✓ Beef Liver ✓ Eggs	 ✓ Cod Liver Oil
<b>BETACAROTENE</b> (PROVITAMIN A)	 ✓ Mango	 ✓ Carrots ✓ Broccoli ✓ Pumpkin ✓ Spinach ✓ Sweet Potatoes					
<b>VITAMIN B1</b> (THIAMIN)		 ✓ Black Beans	 ✓ Fortified Flour ✓ Lentils ✓ Pasta	 ✓ Macadamia Nuts ✓ Sunflower Seeds		 ✓ Pork ✓ Salmon	
<b>VITAMIN B2</b> (RIBOFLAVIN)		 ✓ Mushrooms ✓ Spinach	 ✓ Legumes	 ✓ Almonds	 ✓ Cottage Cheese ✓ Milk ✓ Yoghurt	 ✓ Beef ✓ Cod ✓ Eggs	
<b>VITAMIN B3</b> (NIACIN)	 ✓ Banana ✓ Oranges ✓ Rockmelon	 ✓ Asparagus ✓ Broccoli ✓ Brussels Sprouts ✓ Kidney Beans ✓ Spinach	 ✓ Lentils	 ✓ Peanuts	 ✓ Milk	 ✓ Eggs	



# Common Nutrients And Where To Find Them
















	Fruit	Vegetables	Grains	Nuts/Seeds	Dairy	Protein	Other
<b>VITAMIN B5</b> (PANTOTHENIC ACID)	 ✓ Avocado ✓ Oranges	 ✓ Broccoli ✓ Mushrooms ✓ Potatoes	 ✓ Lentils ✓ Legumes ✓ Wholegrain Bread	 ✓ Peanuts ✓ Sunflower Seeds	 ✓ Feta Cheese ✓ Milk ✓ Yoghurt	 ✓ Beef ✓ Pork ✓ Chicken ✓ Salmon ✓ Eggs	
<b>VITAMIN B6</b> (PYRIDOXINE)	 ✓ Banana ✓ Dried Plums ✓ Watermelon	 ✓ Broccoli ✓ Carrots ✓ Potatoes ✓ Spinach ✓ Tinned Chickpeas ✓ Zucchini	 ✓ Wholegrain Bread	 ✓ Pecans ✓ Sunflower Seeds		 ✓ Beef ✓ Chicken ✓ Salmon ✓ Pork ✓ Tuna	
<b>VITAMIN B7</b> (BIOTIN)	 ✓ Avocado ✓ Raspberries	 ✓ Cauliflower ✓ Soybeans	 ✓ Wholemeal Bread	 ✓ Almonds ✓ Peanuts	 ✓ Milk	 ✓ Cheese ✓ Pork ✓ Eggs ✓ Salmon	 ✓ Yeast
<b>VITAMIN B9</b> (FOLATE)	 ✓ Banana ✓ Oranges ✓ Rockmelon	 ✓ Asparagus ✓ Broccoli ✓ Brussels Sprouts ✓ Chickpeas ✓ Spinach	 ✓ Lentils	 ✓ Peanuts		 ✓ Eggs	
<b>VITAMIN B12</b> (COBALAMIN)					 ✓ Cottage Cheese ✓ Milk ✓ Yoghurt	 ✓ Beef ✓ Crab ✓ Mackerel ✓ Mussels ✓ Oysters ✓ Salmon	 ✓ Cod Liver Oil



# Common Nutrients And Where To Find Them



















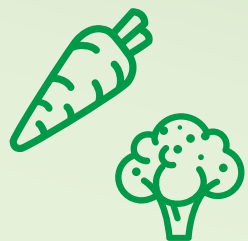
	Fruit	Vegetables	Grains	Nuts/Seeds	Dairy	Protein	Other
<b>VITAMIN C</b>	 <ul style="list-style-type: none"> <li>✓ Avocado</li> <li>✓ Kiwifruit</li> <li>✓ Oranges</li> <li>✓ Pineapple</li> <li>✓ Strawberries</li> <li>✓ Tomato</li> </ul>	 <ul style="list-style-type: none"> <li>✓ Broccoli</li> <li>✓ Brussels Sprouts</li> <li>✓ Capsicum</li> <li>✓ Potatoes</li> <li>✓ Spinach</li> </ul>					
<b>VITAMIN D*</b>						 <ul style="list-style-type: none"> <li>✓ Cod Liver Oil</li> <li>✓ Salmon</li> <li>✓ Sardines</li> <li>✓ Swordfish</li> </ul>	 <ul style="list-style-type: none"> <li>✓ Sunlight</li> </ul>
<b>VITAMIN E</b>	 <ul style="list-style-type: none"> <li>✓ Apricots</li> <li>✓ Avocado</li> <li>✓ Kiwifruit</li> <li>✓ Tomato</li> </ul>	 <ul style="list-style-type: none"> <li>✓ Broccoli</li> <li>✓ Spinach</li> </ul>		 <ul style="list-style-type: none"> <li>✓ Almonds</li> <li>✓ Hazelnuts</li> <li>✓ Peanuts</li> <li>✓ Pecans</li> <li>✓ Sunflower Seeds</li> </ul>			 <ul style="list-style-type: none"> <li>✓ Canola Oil</li> <li>✓ Grapeseed Oil</li> <li>✓ Sunflower Oil</li> <li>✓ Wheat Germ Oil</li> </ul>
<b>VITAMIN K</b>		 <ul style="list-style-type: none"> <li>✓ Broccoli</li> <li>✓ Brussels Sprouts</li> <li>✓ Cabbage</li> <li>✓ Kale</li> <li>✓ Lettuce</li> <li>✓ Parsley</li> <li>✓ Spinach</li> </ul>					
<b>CALCIUM</b>		 <ul style="list-style-type: none"> <li>✓ Broccoli,</li> <li>✓ Cauliflower</li> <li>✓ Kale</li> <li>✓ Turnip</li> </ul>		 <ul style="list-style-type: none"> <li>✓ Tofu</li> </ul>	 <ul style="list-style-type: none"> <li>✓ Cheese</li> <li>✓ Milk</li> <li>✓ Yoghurt</li> </ul>	 <ul style="list-style-type: none"> <li>✓ Oysters</li> <li>✓ Salmon</li> <li>✓ Sardines</li> </ul>	



# Common Nutrients And Where To Find Them



	Fruit	Vegetables	Grains	Nuts/Seeds	Dairy	Protein	Other
<b>IRON</b>	 ✓ Dried Plums ✓ Raisins	 ✓ Potatoes ✓ Spinach ✓ White Beans	 ✓ Lentils	 ✓ Cashews ✓ Hazelnuts ✓ Tofu		 ✓ Oysters ✓ Red Meat ✓ Tuna	
<b>LUTEIN</b>		 ✓ Broccoli ✓ Kale ✓ Peas ✓ Spinach ✓ Sweet Corn				 ✓ Egg Yolks	
<b>MAGNESIUM</b>	 ✓ Avocado ✓ Banana	 ✓ Potatoes ✓ Spinach	 ✓ Brown Rice ✓ Lentils ✓ Wholegrain Cereal	 ✓ Almonds ✓ Brazil Nuts ✓ Cashews ✓ Hazelnuts ✓ Peanuts ✓ Walnuts ✓ Sunflower Seeds			
<b>OMEGA-3 ALA</b>				 ✓ Flax Seeds ✓ Soybean ✓ Walnuts			 ✓ Canola Oil ✓ Flaxseed Oil ✓ Soybean Oil
<b>OMEGA-3 DHA &amp; EPA</b>						 ✓ Cod Liver Oil ✓ Fish Oil ✓ Krill Oil ✓ Mackerel ✓ Salmon ✓ Sardines ✓ Tuna	
<b>ZINC</b>				 ✓ Cashews ✓ Brazil Nuts ✓ Legumes ✓ Pecans ✓ Pine Nuts		 ✓ Beef ✓ Crab ✓ Oysters ✓ Veal	



# Common Nutrients And Where To Find Them

