

## FOODS HIGH IN ESSENTIAL NUTRIENTS

Foods listed first are highest in specific nutrient amounts as supplied by an average 100 gram (4 oz.) serving

\*Foods that are high in fat

<p><b>Amino Acids</b> There are many types of Amino Acids, but quite simply, they are the building blocks of protein molecules.</p> <p><b>Isoleucine</b> *Beef Chicken Fish Soybeans Soy Protein Vegetable Patty *Eggs Cottage Cheese Baked Beans</p>	<p><b>Calcium</b> Calcium is needed for the formation and maintenance of bones and teeth. It helps lower cholesterol, muscular growth, the prevention of muscle cramps, and normal blood clotting. It provides energy, breaks down fats, and helps to keep the skin healthy.</p> <p>Collard, Turnip Greens *Almonds Parsley Corn Tortillas, Lime Added Watercress Yogurt Beet Greens Buckwheat *Sesame Seeds</p>	<p><b>Chromium</b> Chromium is required for normal sugar and fat metabolism and is needed for energy. It also maintains stable blood sugar levels.</p> <p>Yeast Brewer's Yeast Risen Bread Products Beer Wheat Germ (Fresh) Mushrooms</p>	<p><b>Folic Acid (Folic Acid)</b> Folic acid, also known as Vitamin B9, is used to make new cells, and assists in digestion and the nervous system.</p> <p>Wheat Germ (Fresh) Asparagus Lettuce Dark Leafy Green Vegetables Spinach Orange juice (fresh) Legumes Broccoli Irish Potatoes *Nuts (Raw, Unsalted)</p>
<p><b>Bioflavonoids</b> Bioflavonoids, also known as Vitamin P, help through enhancing the action of Vitamin C. It also helps relieve pain, promote circulation, and may help lower cholesterol.</p> <p>Fresh Fruit, Vegetables Buckwheat Citrus (Esp. The Pulp) Green Peppers Grapes Apricots Strawberries Black Currants Cherries Prunes</p>	<p>Broccoli *Walnuts Cottage Cheese, Low Fat Spinach *Pecans Romaine Rutabaga Green Beans Globe Artichokes Dry Beans Cabbage Sprouts Whole Grain Wheat Oranges Celery Whole Grain Rice Carrots Barley Sweet Potatoes Brown Rice Garlic Summer Squash Onions Lemons Green Peas Cauliflower Lentils Cherries</p>	<p><b>Copper</b> Copper is needed to assist in the healing of wounds. A lack of copper may lead to increased blood fat levels.</p> <p>Liver *Heart *Spleen Eggs Yeast Brewer's *Almonds Peas Green Leafy Vegetables Whole Grains Prunes Pomegranates</p>	<p><b>Inositol</b> Inositol is needed for health at cellular level and a fair concentration is found in the lens of the human eye as well as the heart.</p> <p>Yeast Brewer's Wheat germ Lecithin Whole grains Oatmeal Corn *Nuts (Raw, Unsalted) Molasses Citrus Fruits</p>
<p><b>Biotin</b> Biotin is promotes energy production. It is important for growth, and helps to maintain a healthy nervous system. It is helps prevent hair from graying and balding, as well as maintaining health of the reproductive organs.</p> <p>Yeast Brewer's Brown Rice Soybeans *Kidney</p>	<p>Carrots Barley Sweet Potatoes Brown Rice Garlic Summer Squash Onions Lemons Green Peas Cauliflower Lentils Cherries</p>	<p><b>Essential Fatty Acids (Linoleic Acid)</b> Fatty acids are required for normal growth and behavior, as well as a balanced hormone level and a properly working immune system. It adds shine to hair and youth to skin. Arthritis is said to benefit from fatty acids.</p> <p>Vegetable Oils (Crude, Unrefined) -Safflower -Sunflower -Corn -Soybean -Sesame Walnuts Pistachio Nuts Sunflower Seeds Sesame Seeds Flax Seeds</p>	<p><b>Iodine</b> Iodine is used in the production of hormones by the thyroid gland, which regulates the conversion of fat to energy, stabilizing our body weight as well as controlling our cholesterol levels. These are also needed to help form our bones, as well as keeping our skin, nails, hair and teeth in prime condition.</p> <p>Ocean fish Shellfish Spinach Seaweeds, Kelp, Dulse Swiss chard Turnip greens Garlic Watercress Pineapples Peas Artichokes Citrus Fruits *Egg Yolks</p>
<p><b>Choline</b> Choline is critical for normal membrane structure and function. It is also used by the kidney to maintain water balance, and by the liver for methionine formation.</p> <p>Granular or Liquid Lecithin Yeast Brewer's Wheat Germ (Fresh) *Egg Yolk Green Leafy Vegetables Legumes</p>	<p>Asparagus Winter Squash Strawberries Millet Pineapple Grapes Beets Cantaloupe Jerusalem Artichokes Tomatoes Eggplant</p>	<p><b>Fluorine</b> Fluorine helps prevent dental caries.</p> <p>Steel Cut Oats Sunflower Seeds *Milk and Cheese *Goat's Milk Carrots Garlic Beet Tops Green Vegetables *Almonds</p>	<p>Seaweeds, Kelp, Dulse Swiss chard Turnip greens Garlic Watercress Pineapples Peas Artichokes Citrus Fruits *Egg Yolks</p>

<p><b>Iron</b></p> <p>Iron carries oxygen, forming part of the oxygen-carrying proteins. It is also concentrated in bone marrow, liver, and the spleen.</p> <p>Prune Juice *Beef Soybeans Baked Beans *Organ Meats Chicken *Eggs Millet Parsley Kidney Beans *Clams Dried Split Peas *Mussels *Oysters *Venison *Almonds *Hazelnuts Whole Grain Oats Sardines Jerusalem Artichokes Whole Grain Wheat Beet Greens Swiss Cheese Dandelion Greens *Walnuts Spinach *Sesame Seeds *Pecans Lentils</p>	<p><b>Magnesium</b></p> <p>Magnesium helps with formation of bone and teeth and assists the absorption of calcium and potassium. It is used for muscle tone of the heart and assists in controlling blood pressure.</p> <p>*Almonds Buckwheat *Filbert Nuts Millet Whole Grain Wheat *Pecans *Walnuts Whole Grain Rye Beet Greens Spinach Brown Rice Swiss Chard Collard Greens *Shrimp Corn *Avocado Parsley Dry Beans Barley Dandelion Greens Garlic Fresh Green Peas Potato with Skin *Crab Banana Sweet Potatoes Blackberries</p>	<p><b>Pantothenic Acid</b></p> <p>Pantothenic acid is used in the release of energy as well as the metabolism of fat, protein and carbohydrates. It is used in the creation of lipids, neurotransmitters, steroid hormones and hemoglobin.</p> <p>*Liver *Organ Meats *Eggs Soybeans Broccoli Wheat Germ (Fresh) Wheat Bran Crude Molasses Whole Grain Breads and Cereals *Peanuts</p>	<p><b>Threonine</b></p> <p>Threonine is required to help maintain the proper protein balance in the body, assists in liver functioning and the immune system by helping the production of antibodies and promotes thymus growth and activity.</p> <p>*Beef Chicken Fish Soy Protein Soybeans *Eggs Cottage Cheese Baked Beans Vegetable Patty</p>
<p><b>Lysine</b></p> <p>Lysine is required for growth and bone development in children, assists in calcium absorption and maintaining the correct nitrogen balance in the body and maintaining lean body mass.</p> <p>Chicken *Beef Soy Protein Soybeans Cottage Cheese Baked Beans *Eggs Goats Milk *Peanuts Vegetable Patty Yeast Brewer's Oatmeal</p>	<p><b>Niacin</b></p> <p>Niacin is used in cell respiration, helps in the release of energy and metabolism of carbohydrates, fats, and proteins, proper circulation and healthy skin, functioning of the nervous system.</p> <p>*Salmon, Tuna Chicken *Halibut *Liver *Beef *Organ Meats *Peanuts All Bran (Wheat, Rice, Oat) Yeast Brewer's Fish (White) Veal Mushrooms Brown Rice Bulger Wheat *Sesame, Sunflower Seeds Wholemeal Pastas Buckwheat Peaches (Dried)</p>	<p><b>Phenylalaine/Tyrosine</b></p> <p>Phenylalaine is helpful in suppressing the appetite and reducing body fat, production of skin and hair pigment, the proper functioning of the thyroid as well as the pituitary and adrenal gland. It is used for stress reduction and may be beneficial in narcolepsy, fatigue, anxiety, depression, allergies, headaches as well as drug withdrawal.</p> <p>Soy Protein *Beef Chicken Soybeans Fish Vegetable Patty *Eggs Cottage Cheese Baked Beans *Peanuts *Almonds</p>	<p><b>Tryptophan</b></p> <p>Tryptophan is used by the human body to produce a neurotransmitter that is important for normal nerve and brain function, such as sleep, stabilizing emotional moods, pain control, and inflammation.</p> <p>*Beef Soy Protein Chicken Soybeans Fish *Eggs Vegetable Patty Cottage Cheese *Mixed Nuts Baked Beans</p>
<p><b>Methionine/Cystine</b></p> <p>Methionine helps to breakdown fats, and to prevent the build-up of fat in the arteries, as well as assisting with the digestive system and removing heavy metals from the body and in detoxifying the liver.</p> <p>Chicken *Beef Fish *Eggs Cottage Cheese *Liver Soybeans Soy Protein Vegetable Patty Sardines Yogurt</p>	<p><b>PABA</b> (Pare Amino Benzoic)</p> <p>PABA is used to improve the protein used in the body, red blood cell formation, and assists the manufacture of folic acid in the intestines.</p> <p>Yeast Brewer's Whole grains *Eggs Yogurt Wheat Germ (Fresh) Molasses</p>	<p><b>Protein</b></p> <p>Protein helps to maintain and replace the tissues in your body. It is also used to help fight infection and disease and is important to your body's blood clotting ability. Your muscles, organs, and many hormones are made up of protein, and it is used to manufacture the red blood cells that carry oxygen to your body.</p> <p>Chicken (no skin) Soybeans (dry) Fish (white) *Beef Vegetable Patty (legumes and grains) Cottage Cheese Yogurt Turkey *Eggs Lamb *Nuts *Seeds Sprouts (eaten within first 48 hours)</p>	<p><b>Valine</b></p> <p>Valine has a stimulating effect and is needed for muscle metabolism, repair and growth of tissue and maintaining the nitrogen balance in the body.</p> <p>*Beef Chicken Fish Soy Protein Soybeans *Eggs Vegetable Patty Cottage Cheese Baked Beans Vitamin A Parsley Carrots Sweet Potatoes Swiss Chard Spinach (Raw) Mangoes Butternut Squash Beet Greens Chives *Eggs Yolk Watercress Winter Squash Tomatoes Cantaloupes</p>

<p><b>Vitamin B1 (Thiamine)</b> Thiamin is required for the health of the nervous system and plays a part in digestion. It is also great for the brain and may help with depression and assist with memory and learning.</p> <p><b>Yeast Brewer's</b> Rice, Bran Wheat Germ (Fresh) *Sunflower Seeds *Pine Nuts (Pignolas) 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 Yolk Cornmeal *Brazil Nuts Lentils Broad Beans</p>	<p><b>Vitamin B6 (Pyridoxine)</b> Pyridoxine is required for the balancing of hormonal changes in women as well as assisting the immune system and the growth of new cells. It is also used in the processing and metabolism of proteins, fats and carbohydrates, while assisting with controlling your mood as well as your behavior. Pyridoxine might also be of benefit for children with learning difficulties, as well as assisting in the prevention of dandruff, eczema and psoriasis.</p> <p>Chicken *Beef Kidney Tuna *Walnuts *Salmon Brook Trout Lentils Lima Beans (Dry) Buckwheat Blackeyed Peas Navy Beans Brown Rice *Hazelnuts Garbanzos Pinto Beans Bananas Albacore Halibut *Avocados Whole Grain Wheat Chestnuts Kale Whole Grain Rye Spinach Turnip Sweet Red Peppers Potatoes Sardines Brussel Sprouts Perch Cod Barley Sweet Potatoes Cauliflower Popcorn Red Cabbage Leeks</p>	<p><b>Vitamin B12 (Cyanocobalamin)</b> Cobalamin is needed in the manufacture of red blood cells and the maintenance of red blood cells and it stimulates appetite, promotes growth and release energy. It is often used with older people to give an energy boost, assist in preventing mental deterioration and helps with speeding up thought processes. Some people are also of the opinion that it helps with clearing up infections and provide protection against allergies and cancer. This vitamin is also used in the metabolism of fats, proteins and carbohydrates.</p> <p>*Liver *Beef Kidney *Beef Chicken *Clams *Oysters Sardines Brook Trout *Salmon Tuna Haddock Flounder Scallops Cottage Cheese (Low Fat) Halibut Perch *Swordfish</p>	<p><b>Vitamin C</b> Vitamin C is required in the synthesis of collagen in connective tissue, neurotransmitters, steroid hormones, carnitine, conversion of cholesterol to bile acids and enhances iron bioavailability. Ascorbic acid is a great antioxidant and helps protect the body against pollutants.</p> <p>Red Chili Peppers Guavas Red Sweet Peppers Kale Parsley Collards Turnip Greens Green Sweet Peppers Broccoli Brussel Sprouts Mustard Greens Cauliflower Persimmons Red Cabbage Strawberries Papayas Spinach Oranges Cabbage Lemons Grapefruit Turnips Mangos Water Cress Asparagus Cantaloupe Swiss chard Green Onions Okra Tangerines New Zealand Spinach *Oysters Lima Beans Blackeyed Peas Green Peas Radishes Raspberries Chinese Cabbage Yellow Summer Squash Honeydew Melon Tomatoes</p>
<p><b>Vitamin B2 (Riboflavin)</b> Riboflavin is required by the body to use oxygen and the metabolism of amino acids, fatty acids, and carbohydrates. It may be used for red blood cell formation, antibody production, cell respiration, and growth.</p> <p><b>Yeast Brewer's</b> Whey Powder Wheat Germ (Fresh) *Almonds Mushrooms *Egg Yolk Swiss and Cheddar Cheese Millet Soybeans Parsley Cashew Nuts Rice Bran Lentils *Sesame/Sunflower Seeds Rye Broccoli Mung Beans *Avocados Asparagus Dark Leafy Greens</p>		<p><b>Vitamin E</b> Vitamin E is a powerful antioxidant, protects your cells from oxidation, and neutralizes unstable free radicals, which can cause damage. This is done by the vitamin E giving up one of its electrons to the electron deficient free radical, making it more stable. While Vitamin E performs its antioxidant functions, it also protects the other antioxidants from being oxidized.</p> <p>*Soybean Oil (Crude, Unrefined) *Wheatgerm Oil (Crude, Unrefined) *Corn Oil (Crude, Unrefined) Wheat Germ *Nuts (Raw, Unsalted) *Seeds (Raw, Unsalted) Sprouts Green Leafy Vegetables *Eggs</p>	