

VITAMINS continued

MAIN FOOD SOURCES OF VITAMINS AND MINERALS

The table below indicates which foods are especially good sources of particular vitamins and minerals. Ensuring that you regularly

select foods from a variety of categories helps to maintain adequate intake for most people, without a need for supplements. It is important

to remember that processed and overcooked foods are likely to contain fewer vitamins than fresh, raw, or lightly cooked foods.

| Vitamins | Red meat | Poultry | Liver | Milk | Cheese | Butter/margarine | Eggs | Fish | Cereals and bread | Green vegetables | Root vegetables | Pulses/legumes | Nuts | Fruit | Other | |
|--------------------------|----------|---------|-------|------|--------|------------------|------|------|-------------------|------------------|-----------------|----------------|------|-------|-------|--|
| Biotin | | | ● | | | | ● | | | | | | ● | ● | | Especially peanuts. Cauliflower and mushrooms are good sources. |
| Folic acid | | | ● | | | | ● | | ● | | | | | ● | | Wheat germ and mushrooms are rich sources. |
| Niacin as nicotinic acid | ● | ● | ● | | | | | ● | ● | | | | ● | ● | | Protein-rich foods such as milk and eggs contain tryptophan, which can be converted to niacin in the body. |
| Pantothenic acid | | | ● | | | | | ● | ● | | | | | | | Each food group contributes some pantothenic acid. |
| Pyridoxine | ● | ● | ● | | | | ● | ● | ● | | | | | | | Especially white meat (poultry), fish, and wholemeal cereals. |
| Riboflavin | | | ● | ● | ● | | ● | ● | ● | | | | ● | ● | ● | Found in most foods. |
| Thiamine | ● | | ● | | | | | ● | | | | | ● | ● | | Brewer's yeast, wheat germ, and bran are also good sources. |
| Vitamin A | | | ● | ● | ● | ● | ● | | | ● | ● | | | | ● | Fish liver oil, dark green leafy vegetables such as spinach, and orange or yellow-orange vegetables and fruits such as carrots, apricots, and peaches, are especially good sources of vitamin A. |
| Vitamin B ₁₂ | ● | | ● | ● | ● | | ● | ● | | | | | | | | Obtained only from animal products, especially liver and red meat. |
| Vitamin C | | | | | | | | | | ● | ● | | | | ● | Especially citrus fruits, tomatoes, potatoes, broccoli, strawberries, and melon. |
| Vitamin D | | | | ● | | ● | ● | ● | | | | | | | | Fish liver oils, margarine, and milk are the best sources, but the vitamin is also produced when the skin is exposed to sunlight. |
| Vitamin E | | | | | | ● | ● | | ● | ● | | | ● | ● | | Vegetable oils, wholemeal cereals, and wheat germ are the best sources. |
| Vitamin K | | | | | | | | | ● | ● | | | | | | Green leafy vegetables are the best source. Also found in small amounts in fruits, seeds, root vegetables, dairy and meat products. |
| Minerals | | | | | | | | | | | | | | | | |
| Calcium | | | | ● | ● | | | | | | | | ● | ● | ● | Dark green leafy vegetables, soya bean products, and nuts are good non-dairy alternatives. Also present in hard, or alkaline, water supplies. |
| Chromium | ● | | | | ● | | | | ● | ● | | | | | | Especially unrefined wholemeal cereals. |
| Copper | ● | ● | ● | | | | | ● | ● | ● | | | ● | ● | | Especially shellfish, wholemeal cereals, and mushrooms. |
| Fluoride | | | | | | | | ● | | | | | | | | Primarily obtained from fluoridated water supplies. Also in seafood and tea. |
| Iodine | | | | ● | ● | | | ● | ● | | | | | | | Provided by iodized table salt, but adequate amounts can be obtained without using table salt from dairy products, saltwater fish, and bread. |
| Iron | ● | ● | ● | | | | ● | ● | ● | ● | | | | | | Especially liver, red meat, and enriched or whole grains. |
| Magnesium | | | | ● | | | | ● | ● | ● | | | ● | ● | | Dark green leafy vegetables such as spinach are rich sources. Also present in alkaline water supplies. |
| Phosphorus | ● | ● | ● | ● | ● | | ● | ● | ● | ● | ● | ● | ● | ● | ● | Common food additive. Large amounts found in some carbonated beverages. |
| Potassium | | | | | | | | | | ● | ● | | ● | | ● | Best sources are fruits and vegetables, especially oranges, bananas, and potatoes. |
| Selenium | ● | | ● | ● | | | | ● | ● | | | | | | | Seafood is the richest source. Amounts in most foods are variable depending on soil where plants were grown and animals grazed. |
| Sodium | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | Sodium is present in all foods, especially table salt, processed foods, potato crisps, crackers, and pickled, cured, or smoked meats, seafood, and vegetables. Also present in softened water |
| Zinc | ● | | | ● | | | ● | ● | | | | | ● | | | Highest amounts in wholemeal breads and cereals. |