



Embrace Ancient Wisdom Today

Nutrient-Rich Foods to Eat

There are plenty of foods that contain the vitamins and minerals your body needs to stay healthy. These are some of the nutrition-rich foods you may want to include in your diet. As always, you may wish to speak with your doctor about your diet and any changes you would like to make.

Vitamins and Minerals	What they Do	Recommended Foods
Vitamin A (retinol)	Benefits growth, development, reproduction, skin and mucous membranes, immunity and vision	Tuna, bluefish, mackerel, eggs, cheese, milk
Vitamin B1 (thiamin)	Benefits nerve function, energy production and converts excess carbohydrates to fat for storage	Lean pork and ham, green and black-eyed peas, pinto and black beans, pecans, peanuts, soybeans, tofu, barley, rice bran, wheat germ, oatmeal, brewer's yeast
Vitamin B2 (riboflavin)	Protects against anemia and cancer.	low-fat milk and soy milk, yogurt, cottage cheese, eggs, dark leafy greens, broccoli, asparagus, Brussel sprouts, lean duck and pork, brewer's yeast
Vitamin B3 (niacin)	Lowers cholesterol, protects against cardiovascular disease and may be of benefit in diabetes.	Low-fat meats, poultry, fish, eggs, cottage cheese, peas, broccoli, mushrooms, tofu, brewer's yeast, potato, peanuts, peanut butter
Vitamin B6 (pyridoxine)	Decreases homocysteine levels and risk of heart disease and improves glucose tolerance. Vitamin B6 also improves carpal tunnel syndrome, mood and sleep disorders and, possibly, reduces PMS	Banana, avocado, rice bran, brown rice, oatmeal, soybeans, sunflower seeds, broccoli, brewer's yeast, halibut, pork, animal protein

	symptoms.	
Vitamin B12	Crucial to DNA and red blood cells formations as well as new cell growth, glucose metabolism and maintaining the nervous system.	Low-fat animal protein and beef, oysters, clams, crab, tuna, bluefish, cottage cheese, low-fat milk, yogurt, cheese, eggs
Beta-Carotene	An antioxidant that improves cancer-protective properties.	Dark leafy greens, carrots, sweet potato, Hubbard squash, pumpkin, papaya, apricots, cantaloupe
Biotin	May produce healthy hair and prevent graying and baldness.	Liver, almonds, pecans, peanuts, walnuts, eggs, cauliflower, legumes, mushrooms, oat bran
Vitamin C	Improves immune system response, wound healing, allergies and cancer protection. Reduces risk of heart disease and severity and duration of colds. Vitamin C also helps with stress and retards the growth of cataracts.	Green and red peppers, broccoli, spinach, Brussel sprouts, collards, kiwi, strawberries, citrus, papaya
Calcium	Beneficial in prevention and treatment of osteoporosis, prevents some cancer, and is useful in treatment of high blood pressure.	Low-fat milk, yogurt, dairy, dark leafy greens, broccoli, tofu, legumes, almonds, sesame seeds, molasses, salmon, mackerel
Chromium	Useful in the treatment of diabetes and may be protective against cardiovascular disease and high blood pressure.	Brewer's yeast, lean beef, potato with skin, oysters, buckwheat, whole grains, molasses
Copper	Protects against cardiovascular disease and may help with treatment of some forms of arthritis.	Brazil nuts, pecans, almonds, walnuts, chocolate, sunflower and pumpkin seeds, oysters, lobster, split peas, buckwheat, granola
Vitamin D	Aids calcium absorption and hearing and also maintains healthy nerves and muscles.	Low-fat milk, eggs, herring, salmon, sardines

Vitamin E	Boosts immune system and helps in treatment of fibrocystic breast disease and also serves as an antioxidant for cancer prevention.	Wheat germ, poultry, fish, sweet potato, soybeans, walnuts, almonds, walnut oil, sunflower oil, green leafy vegetables
Folate (folic acid)	Decreases risk of heart disease and prevents certain birth defects.	Dark leafy greens, broccoli, asparagus, avocado, sweet potato, peanuts, legumes, soybeans, sunflower seeds, orange juice, wheat germ, buckwheat, rye, semolina, eggs, brewer's yeast
Iron	Protects against anemia, activates vitamin A and boosts immune system.	Lean animal protein, fortified cereals, legumes, spinach, beets, raisins, black strap molasses, prune juice, almonds, pumpkin and sesame seeds
Vitamin K	Protects against osteoporosis and is beneficial in the treatment of cancer.	Dark leafy greens, broccoli, asparagus, cauliflower, chickpeas, lentil, yogurt
Phosphorus	Helps build strong bones and teeth.	Lean meat, low-fat dairy, whole grains, legumes, peas
Selenium	Boosts immune system, protects against heart and circulatory diseases, works as an anti-inflammatory and, as an antioxidant, may help with cancer prevention.	Herring, scallops, seafood, eggs, lean meat, wheat germ, barley, oats, whole grain, Brazil nuts
Zinc	Benefits fertility, skin growth, healing, taste buds, protein digestion and immune system.	Oysters, whitefish, lean meat and animal protein, black-eyed and split peas, wheat germ, oatmeal, brown rice