NUTRITION CHART
VITAMINS

Vitamin	Destroyed by:	Best Sources.
A	Heat, Acid, oxygen, Light using mineral oil, canning & processing, cooking, nitrates in fertilizers, estrogen in birth control pills, florescent lights, baking soda.	Parsley, Carrots, Mint, Spinach, Cod liver oil, Halibut liver oil, kohlrabi. Other: apricots, peaches, cherries, beet greens, broccoli, egg yolk, butter
B1 (Thiamine)	Storage, heating in liquid, alkaline solutions (baking soda), copper (as in copper pots), ultra violet light, nitrates, sulfites.	Whole grains, legumes, nuts, organ meats, brewer's yeast, wheat germ, bran, blackstrap molasses, soybean flour, rice bran, rice bran syrup.
B2 (Riboflavin)	Light (esp. when cooking), heat in an alkaline solution (baking soda), ultra violet light, some lost through cooking.	Brewer's yeast, organ meats, shell fish, wheat germ, cheese, eggs, dried chili peppers. Other: green leaf veggies, polishings, avocados, legumes, nut
B3 (Niacin)	Water soluble and is lost if the cooking water is disposed of.	Brewer's yeast, torula yeast, wheat germ, rice bran and rice polishings, nuts, sunflower seeds, peanuts, liver, green veggies. Can be synthesized in colon if enough B1, B2 and B6 present.
B5 (Pantothenic acid)	Food processing, freezing, heat, acids, bases.	Brewer's yeast, wheat germ, wheat bran, royal jelly, whole grains, green veggies, peas and beans, peanuts, liver, kidney, crude molasses, avocados, mushrooms.
B6 (Pyridoxine)	Cooking and processing destroy 50%. Sensitive to light also.	Brewer's yeast, desiccated liver, wheat germ, bananas, avocados, wheat bran, soy beans, walnuts, cabbage, egg yolks, blackstrap molasses, green leaf veggies, liver, green peppers, pecans, carrots, peanuts.
B12 (Cobalamin)	B12 in tablet form can only be utilized if healthy stomach juice present.	Fortified brewer's yeast, sunflower seeds, spirulina, chlorella, comfrey leaf, eggs, kelp, bananas, peanuts, raw wheat germ, pollen, concord grapes.
B15 (Pangamic acid)	Alkalines. Stable in heat to 212F.	Nutritional yeast, brown rice, sesame, pumpkin, sunflower seeds, whole grains, apricot kernels.
Biotin	Acids and alkalines. Synthesized in intestines if enough healthy flora.	Brewer's yeast, unpolished rice, soy beans, liver, kidneys.
C	Heat, alkalines, light.	All fresh fruits and veggies esp. rose hips, citrus fruits, black currants, strawberries, apples, acerola cherries, potatoes, cabbage, broccoli, tomato, green peppers.
D2 (ergocalciferol)	treats hypoparathyroidism, rickets	Plant based, usually need a prescription. 50,000 units per cap. Do not take excessive amounts.
D3 sunshine.	Shower or swimming after sunbathing	Fat soluble. Fish liver oil, egg yolks, butter, salmon, tuna,
E	Alkalis, oxygen, freezing, ultra-violet light, heat to some degree.	Cold pressed natural vegetable oils, esp. fresh wheat germ oil. Other: wheat germ, alfalfa, barley, soybean, peanuts, rosehips, cabbage, spinach, broccoli, asparagus.
Folic acid	Heat, acid, oxygen, Normal cooking causes up to 65% loss	Brewer's yeast, wheat germ, dark green leafy veggies, broccoli, asparagus, orange juice, peas, beans, spinach, lettuce, brewer's yeast, wheat germ, nuts, mushrooms, peanuts, liver.
Inositol	Coffee may deplete body's storage.	Whole grains, citrus fruits, brewer's yeast, molasses, liver, lecithin.
Choline	--	Egg yolk, lecithin, navy beans, tofu/soy, almonds, liver, cauliflower.
K1 (phylloquinone)	Main form found in human diet	leafy greens, kale, cooked mustard greens, raw chard, cooked collard greens, natto, raw spinach, cooked broccoli, some plant oils.
K2 (menaquinone)	Acids. (K2 is a group of fat soluble vits. That activate proteins to help blood clotting, bone and heart health.	Natto(fermented soy), chicken breast, sauerkraut, gouda cheese, blue cheese, egg yolk, chicken liver, low amounts of butter, ground beef. Fermented foods.
PABA (para amino benzoic acid)		Liver, eggs, molasses, wheat germ, nutritional yeasts, yogurt, whole grains. Also synthesized by friendly bacteria in a healthy intestine.

MINERALS

MINERAL	NOTES:	BEST SOURCES
BONE MINERALS		
Calcium	Should be 2.5 to 1 ratio with Phosphorus. If calcium and phosphorus intake is high, magnesium intake should be 2:1 (calcium 2 parts and magnesium 1 part). If low in magnesium use 1:1 ratio cal-mag.	Kelp, bok choy, sesame seeds, cress, cabbage, chard. Turnip greens, Kale, mustard greens, parsley, hazelnuts, dandelion, brazil nuts, chickpeas, black olives, walnuts, spinach, raisins, peanuts, lentils, almonds, soybeans
Magnesium	Polishing rice, milling corn, cooking veggies in water all deplete the magnesium to some extent.	Parsnips, tomatoes, bran, all leafy green veggies, kelp, buckwheat, wheat germ, kelp, figs, soybeans, corn, apples, almonds, brazil nuts, cashews, peas, carrots, pumpkin seeds, blackstrap molasses, seasalt, brewer's yeast, avocados.
Phosphorus	Intake should be linked with calcium.	Seafood, liver, meat, milk, kale, bran, nuts, seeds, chickpeas, lentils, garlic, radish, pumpkin, cucumber, lettuce, spinach, eggs, popcorn, cheese, wheat, grains, kelp yeast, bone meal.
Potassium	Potassium combines with phosphate to become alkalizing agent to keep proper acid/alkaline balance in blood, prevents over acidity.	Legumes, lemons, kale, lettuce, turnips, celery, romaine, cabbage, all veggies, whole grains, sunflower seeds, nuts, dairy, potatoes (esp. skins), bananas, fish, fruit, apricots, avocados, yams, blackstrap molasses, brewers yeast, brown rice, dates, figs, dried fruit, garlic, raisins, squash.
Trace Mineral	**Notes:**	**Best Sources**
Boron	Needed for calcium uptake	Leafy veggies, fruits, nuts, grains.
Chromium	Absorption rate low (10% from food sources, and only 1% from supplemental forms).	Whole grains (other than rye), vegetable oils, nutritional yeast (not torula), oysters, clams, meat.
Chlorine	Stimulates production of acid in stomach for digestion	Seaweeds, watercress, avocado, chard, tomatoes, cabbage, endive, kale, turnip, celery, cucumber, asparagus, pineapple, oats, salt water fish, rye
Copper	Those with crohn's or celiac may have trouble absorbing copper from foods. Copper needs Zinc and iron to be present for absorption.	Beef liver, oysters, spirulina, shitake mushrooms, nuts sunflower seeds, lobster, leafy greens, dark chocolate, Chickpeas, raisins, avocado, dried apricots, quinoa, kale, goat cheese, asparagus. Copper bracelets.
Fluoride	Sodium fluoride added to toothpaste and some water supplies are toxic. Calcium fluoride is the mineral that strengthens bones, teeth.	Cauliflower, sauerkraut, cabbages of all kinds. Cheese, raw egg yolks, seafoods, whole wheat, garlic, raw goat and cow's milk.
Iodine	Common deficiency. Iodine used up by body to detox radioactive residue from nuclear bombs.	Kelp, dulse, seaweeds. Swiss chard, turnip greens, garlic watercress, seafood, ocean fish, fish liver oils, egg yolks, parsley, pineapple, pears, citrus.
Iron	Common deficiency. Plant type (non heme) is easiest to digest but Ferrous type (meats) are easiest to absorb.	Desiccated liver, nutritional yeasts, molasses. Organ meats, dried apricots, prunes, soy beans, whole wheat bread, tofu, oysters, lettuce, green leafyveggies, beans.
Manganese	Carbohydrate and fat production. Most needed for bones and tendons.	Nuts, leafy veggies, tea, whole grains. Beets, turnip greens, spinach, rhubarb, cod liver oil, brewer's yeast.
Molybdenum	A component of an essential enzyme, zanthine dehydrogenasee.	Organ meats, brown rice, millet, buckwheat, brewer's yeast, cereal grains legumes, dark leafy vegetables.
Nickel	found in body found to the protein nickleplasmin.	Shellfish, vegetable oils.
Selenium	Antioxidant, works with Vit. E	Seafood, meat, grains grown in high selenium soils, brewer's yeast (not torula), brazil nuts, wheat germ, bran, cabbage, tomatoes, broccoli.
Silicon	Most abundant mineral on earth. Most common form is silicon dioxide (sand).	All grasses esp oatstraw, oats, white onion, radish, calmyrnia figs, grains, horsetail herb. Alfalfa, kelp, flaxseed, apples, strawberries, grapes, beets, parsnips, almonds, peanuts, sunflower seeds, wild rice, asparagus.
Sodium	Blood mineral, works with potassium and chlorine to maintain acid-base balance.	Seafoods, kelp, celery, poultry, romaine lettuce, beets, watermelon, carrots, asparagus, chard.
Vanadium	Tobacco decreases uptake. Not easily absorbed.	Fish, veg. oils, olives, snap beans, dill, meat, radishes, grains
Zinc	Not easily assimilated in grains and seeds because it is locked in by phytin, unlocked with sprouting	Wheat bran/germ, raw pumpkin seeds, eggs. onions, nuts, sunflower seeds, brewers yeast, oysters, herring, green leafy fermentated vegetables