

Vitamin D - An essential vitamin required by the body for the proper **absorption of calcium, bone development**, control of cell growth, **neuromuscular functioning**, proper **immune functioning**, and **alleviation of inflammation**.

1. Cod liver oil
2. Oily fish: trout, salmon, swordfish, mackerel, tuna in oil, halibut, herring, sardines.
3. Mushrooms: Portabello, morel, chanterelle
4. Fortified Cereals
5. Tofu
6. Caviar
7. Dairy products
8. Pork: Extra lean ham, spareribs
9. Eggs
10. Dairy alternatives: soymilk, almond milk, rice milk

Vitamin B9 - (folate, folicin, folic-acid) - A water-soluble B vitamin with many rich natural sources. Folic acid is the synthetic form of vitamin B9 found in fortified foods and supplements. The natural form of vitamin B9 (folate) is preferred, and better for absorption. Vitamin B9 (folate) is required for numerous body functions including **DNA synthesis and repair, cell division, and cell growth**. A deficiency of folate can lead to anemia in adults, and slower development in children. For pregnant women, folate is especially important for proper **fetal development**.

1. Yeast extract: Marmite / vegemite
2. Liver: Chicken
3. Beans: Black eyed peas, mung beans, pinto beans, chickpeas
4. Lentils
5. Dark Leafy Greens: Spinach raw, Turnip greens, pak choi
6. Asparagus
7. Lettuce: Romaine, butterhead, endive
8. Avocado
9. Broccoli
10. Tropical Fruits: Mango, pomegranate, papaya, guava, kiwi, banana

Vitamin B-12 (Cobalamin) - This vitamin can only be manufactured by bacteria and can only be found naturally in animal products, however, synthetic forms are added to foods. A slight deficiency of vitamin B-12 can lead to anemia, fatigue, mania, and depression, while a long term deficiency can cause permanent damage to the **brain and central nervous system**.

1. Shellfish: Cooked Clams, oysters, mussels
2. Liver: beef, liverwurst sausage, chicken
3. Fish: mackerel, salmon, herring, tuna, sardines, trout
4. Crustaceans: crab, crayfish, shrimp, lobster
5. Fortified soy: silken tofu
6. Fortified Cerals: Bran
7. Red Meat: Beef, lamb
8. Milk
9. Cheese: Swiss
10. Eggs

Vitamin E - A group of 8 fat-soluble vitamins which help **prevent oxidative stress** to the body. Adequate amounts of vitamin E can help protect against heart disease, cancer, and age related eye damage (macular degeneration)

1. Tofu
2. Dark leafy greens: spinach, swiss chard, turnip greens, collards
3. Nuts: almonds, hazelnuts, pistachios
4. Sunflower seeds
5. Avocados
6. Shellfish: shrimp
7. Fish: rainbow trout, swordfish, herring, salmon
8. Olive oil
9. Broccoli
10. Squash and pumpkin

Iron - An essential mineral used to **transport oxygen** to all parts of the body. A slight deficiency in iron causes anemia (fatigue/weakness). While iron is better absorbed from heme (meat) sources, non-heme (plant) iron is better regulated causing less damage to the body. Mollusks: clams, mussels, oysters

1. Mollusks: clams, mussels, oysters
2. Liver: pork, chicken, turkey, lamb, beef
3. Squash and pumpkin seeds
4. Nuts: cashews, pine, hazelnut, peanut, almond
5. Beef and lamb
6. Beans and lentils: soybeans, lentils, kidney beans, garbanzo beans
7. Whole grains: oatmeal, barley, rice
8. Dark leafy greens: spinach, swiss chard, turnip greens, raw kale
9. Dark chocolate and cocoa powder
10. Tofu

Magnesium - An essential mineral required by the body for maintaining **normal muscle and nerve function**, keeping a **healthy immune system**, maintaining **heart rhythm**, and building **strong bones**. Magnesium is also involved in at least **300 biochemical reactions** in the body. A deficiency in magnesium can lead to muscle spasms, cardiovascular disease, diabetes, high blood pressure, anxiety disorders, migraines, osteoporosis, and cerebral infarction. Too much magnesium typically causes diarrhea.

1. Dark Leafy Greens : Raw Spinach, swiss chard, kale
2. Nuts and Seeds: squash, pumpkin seeds, brazil nuts, almonds, cashews, pine nuts
3. Fish: Mackerel, pollock, tuna
4. Beans and Lentils: Soy beans, white beans, french beans, black-eyed peas
5. Whole grains: Brown Rice, quinoa
6. Avocados
7. Low Fat Dairy: yogurt, goat cheese
8. Bananas
9. Dried Fruits: Figs, Prunes, apricots, dates
10. Dark Chocolate

Calcium - Calcium is necessary for the growth and maintenance of strong teeth and bones, nerve signaling, muscle contraction, and secretion of certain hormones and enzymes. A deficiency in calcium can lead to numbness in fingers and toes, muscle cramps, convulsions, lethargy, loss of appetite, and abnormal heart rhythms.

1. Dark Leafy greens (watercress, kales, dandelion greens, arugula, collards)
2. Cheese
3. Milk & Yoghurt
4. Chinese cabbage
5. Fortified soy products
6. Okra
7. Broccoli
8. Green snap beans
9. Almonds
10. Fish Canned (Sardines, Salmons, anchoives, shrimp)

Selenium - Important for **proper functioning of the thyroid gland**, and may help protect against free radical damage and cancer. A deficiency in selenium can lead to pain in the muscles and joints, unhealthy hair, and white spots on the fingernails.

1. Brazil Nuts
2. Seafood: oysters (cooked), mussels, octopus, lobster, clams, squid, shrimp
3. Fish: Tuna (cooked), rockfish, swordfish, halibut, tilapia, mackerel, snapper
4. Whole-wheat bread
5. Seeds: sunflowers, chia, sesame, flaxseeds
6. Pork: Lean (cooked)
7. Beef and Lamb
8. Chicken and Turkey
9. Mushrooms: Crimini, shiitake, portebella
10. Whole grains: rye, brown rice, pearl barley

Zinc - A mineral essential for maintaining a **sense of smell**, keeping a **healthy immune** system, building proteins, triggering enzymes, and creating DNA. Zinc also helps the cells in your body communicate by functioning as a **neurotransmitter**. A deficiency in zinc can lead to stunted growth, diarrhea, impotence, hair loss, eye and skin lesions, impaired appetite, and depressed immunity. Conversely, consuming too much zinc can lead to nausea, vomiting, loss of appetite,

abdominal cramps, diarrhea, and headaches in the short term, and can disrupt absorption of copper and iron in the long term.

1. Seafood: oysters, crabs, lobsters
2. Beef and Lamb
3. Wheat Germ
4. Spinach
5. Seeds: Sesame, Pumpkin, sunflower seeds, chiseeds and flaxseeds
6. Nuts: Cashews, pine, pecans, almonds, walnuts
7. Dark Chocolate and cocoa powder
8. Pork and chicken
9. Beans: mung beans, baked beans, aduki, chickpeas, kidney beans
10. Mushrooms: morels, brown, portabella, oyster, white, shiitake

Resource: <http://www.healthaliciousness.com>