

B Vitamin Guide

All values represent the % Daily Value satisfied by the specified food based on a 2000 calorie diet

www.nutrafied.webs.com

Vitamin B1 Thiamin - 1.2mg	Vitamin B2 Riboflavin - 1.3mg	Vitamin B3 Niacin – 16mg	Vitamin B5 Pantothenic Acid – 5 mg	Vitamin B6 Pyridoxine – 1.3mg
Fortified Cereals_(1 cup) – 125% Enriched Rice_(1 cup) – 107% Pork_(3 oz) – 88% Cornmeal_(1 cup) – 78% Trail Mix_(1 cup) – 53% Bagel_(1, 4") – 45% Soybeans_(1 cup) – 39% Egg Noodles_(1 cup) – 39% Oatmeal_(177g) – 38% Green Peas_(1 cup) – 38% Cowpeas_(1 cup) – 37% Navy Beans_(1 cup) – 36% Tunafish_(3 oz.) – 36% Black Beans_(1 cup) – 35% Hamburger₍₁₎ – 35% Roast Beef Sandwich₍₁₎ – 34% Spaghetti_(1 cup) – 32% Barley_(1 cup) – 32% Split Peas_(1 cup) – 31% Biscuit₍₁₎ – 30% Pita₍₁₎ – 30% Ham_(2 slices) – 39% Chestnuts_(1 cup) – 29% Lentils_(1 cup) – 28% Salmon_(1/2 fillet) – 28% Pinto Beans_(1 cup) – 28% Bulgur_(1 cup) – 27% Pretzels₍₁₀₎ – 25% Artichokes_(1 cup) – 25% Asparagus_(1 cup) – 24% Kidney Beans_(1 cup) – 24% Couscous_(1 cup) – 24% English Muffin₍₁₎ – 23% Pie_(1 slice) – 22% Croissant₍₁₎ – 18% Okra_(cooked, 1 cup) – 18% Pancakes₍₁₎ – 16% Spinach_(1 cup) – 14% Pineapple_(1 cup) – 11%	Liver_(3 oz) – 224% Fortified Cereals_(1 cup) – 132% Duck_(1 cup) – 75% Cornmeal_(1 cup) – 44% Soybeans_(1 cup) – 38% Ricotta_(1 cup) – 37% Mushrooms_(1 cup) – 36% Milk_(1 cup) – 35% Spinach_(1 cup) – 33% Yogurt_(8 oz) – 31% Oatmeal₍₁₇₇₎ – 28% Clams_(3 oz) – 28% Pork_(3 oz) – 25% Biscuits₍₁₎ – 24% Pie_(1 piece) – 24% Almonds_(24 nuts/1 oz) – 22% Mushrooms_(1 cup) – 22% Egg₍₁₎ – 21% Asparagus_(1 cup) – 20% Salmon_(1/2 fillet) – 20% Turkey_(1 cup) – 20% Chestnuts_(1 cup) – 19% Lamb_(3 oz) – 19% Beef_(3 oz) – 18% Barley_(1 cup) – 18% Kidney Beans_(1 cup) – 17% Egg Noodles_(1 cup) – 17% Chicken_(3 oz) – 16% Broccoli_(1 cup) – 15% Collards_(1 cup) – 15% Avocado₍₁₎ – 12%	Fortified Cereals_(1 cup) – 125% Liver_(3 oz) – 93% Chicken Breast_(1/2) – 84% Swordfish_(1 piece) – 78% Halibut_(1/2 fillet) – 71% Tuna Fish_(3 oz) – 71% Marinara Sauce_(1 cup) – 61% Parboiled Rice_(1 cup) – 59% Barley_(1 cup) – 58% Veal_(3 oz) – 56% Turkey_(1 cup) – 48% Cornmeal_(1 cup) – 46% Pork_(3 oz) – 45% Bulgur_(1 cup) – 45% Beef_(3 oz) – 45% Mushrooms_(1 cup) – 43% Haddock_(1 fillet) – 44% Trail Mix_(1 cup) – 40% Couscous_(1 cup) – 38% Lamb_(3 oz) – 38% Salmon_(3 oz) – 35% Hamburger₍₁₎ – 39% Peanuts_(1 oz/28) – 24% Bagel_(1, 4") – 22% Egg Noodles_(1 cup) – 21% Espresso Coffee_(2 fl. Oz) – 20% Green Peas_(1 cup) – 20% Pretzels₍₁₀₎ – 19% Biscuit₍₁₎ – 19% Waffle₍₁₎ – 18% Clams_(3 oz) – 18% Baked Potato₍₁₎ – 18% Pita_(6.5") – 17% Shrimp_(3 oz) – 16% Corn_(1 cup) – 15% Sunflower Seeds_(1/4 cup) – 14% Soybeans_(1 cup) – 14% Peanut Butter_(1 tbsp) – 14% Sweet Potato₍₁₎ – 14% Lentils_(1 cup) – 13%	Fortified Cereals_(1 cup) – 202% Liver_(3 oz) – 118% Mushrooms_(1 cup) – 67% Sunflower Seeds_(1/4 cup) – 45% Couscous_(1 cup) – 43% Rice_(1 cup) – 38% Trail Mix_(1 cup) – 34% Bulgur_(1 cup) – 20% Yogurt_(8 oz) – 29% Corn_(1 cup) – 28% Green Peas_(1 cup) – 27% Turkey_(1 cup) – 26% Sweet Potato₍₁₎ – 26% Lentils_(1 cup) – 25% Split Peas_(1 cup) – 23% Pork_(3 oz) – 23% Chicken_(1/2 breast) – 23% Veal_(3 oz) – 22% Salmon_(1/2 fillet) – 22% Broccoli_(1 cup) – 19% Parsnips_(1 cup) – 18% Milk_(1 cup) – 18% Sweet Potato₍₁₎ – 18% Potato₍₁₎ – 17% Egg₍₁₎ – 17% Lima Beans_(1 cup) – 16% Chestnuts_(1 cup) – 16% Watermelon_(1 wedge) – 13% Cauliflower_(1 cup) – 13% Artichokes_(1 cup) – 12% Ricotta Cheese_(1 cup) – 12% Whole Wheat Spaghetti_(1 cup) – 12% Clams_(3 oz) – 12% Hamburger_(3 oz) – 11% Brussels Sprouts_(1 cup) – 10%	Fortified Cereal_(1 cup) – 159% Chickpeas_(1 cup) – 87% Tuna Fish_(3 oz) – 68% Liver_(3 oz) – 67% Parboiled Rice_(1 cup) – 65% Chestnuts_(1 cup) – 55% Turkey_(1 cup) – 50% Halibut_(1/2 fillet) – 49% Potato₍₁₎ – 48% Chicken_(1/2 breast) – 46% Pork_(3 oz) – 46% Cornmeal_(1 cup) – 41% Beef_(3 oz) – 41% Plantain₍₁₎ – 41% Barley_(1 cup) – 40% Haddock_(1 fillet) – 40% Oats_(177 g) – 39% Potato₍₁₎ – 36% Marinara Sauce_(1 cup) – 33% Spinach_(1 cup) – 33% Banana₍₁₎ – 33% Soybeans_(1 cup) – 31% Cod Fish_(3 oz) – 30% Pinto Beans_(1 cup) – 30% Pistachio Nuts_(47-1oz) – 28% Lentils_(1 cup) – 27% Waffle₍₁₎ – 27% Salmon_(1/2 fillet) – 27% Green Peas_(1 cup) – 27% Hamburger_(3 oz) – 25% Sweet Potato₍₁₎ – 25% Broccoli_(1 cup) – 24% Sauerkraut_(1 cup) – 24% Veal_(3 oz) – 24% Lima Beans_(1 cup) – 23% Dates_(1 cup) – 23% Brussels Sprouts_(1 cup) – 21% Mango₍₁₎ – 21% Butternut Squash_(1 cup) – 20% Collards_(1 cup) – 19%
-carbohydrate metabolism -essential for the heart, muscle and nervous system -forms the coating of nerves; essential for learning capacity and growth in children	-carbohydrate, fat and protein metabolism -important for growth -red blood cell formation	-essential for brain function -fatty acid metabolism and energy production in cells -assists the digestive system -aids in nerve and skin function	-carbohydrate, fat and protein metabolism -hormone and cholesterol synthesis -nerve function	-metabolism -insulin and red blood cell production -important for nervous tissue and immune system function

B Vitamin Guide

Vitamin B9 Folate – 400ug	Vitamin B12 Cobalamin – 2.4mg	
Parboiled Rice_(1 cup) – 199% Fortified Cereal_(1 cup) – 174% Cornmeal_(1 cup) – 129% Lentils_(1 cup) – 89% Cowpeas_(1 cup) – 90% Pinto Beans_(1 cup) – 74% Chickpeas_(1 cup) – 71% Asparagus_(1 cup) – 67% Spinach_(1 cup) – 66% Black Beans_(1 cup) – 64% Kidney Beans_(1 cup) – 58% Liver_(3 oz) – 55% Egg Noodles_(1 cup) – 55% Bagel_(4") – 50% Soybeans_(1 cup) – 50% Collards_(1 cup) – 44% Pretzels₍₁₀₎ – 43% Broccoli_(1 cup) – 42% Macaroni_(1 cup) – 42% Lima Beans_(1 cup) – 39% Artichoke_(1 cup) – 38% Beets_(1 cup) – 34% Split Peas_(1 cup) – 32% Oatmeal_(177g) – 32% Corn_(1 cup) – 29% Orange Juice_(1 cup) – 28% Avocado₍₁₎ – 27% Pomegranate₍₁₎ – 27% Chestnuts_(1 cup) – 25% Pita_(6.5") – 25% Green Peas_(1 cup) – 25% Brussels Sprouts_(1 cup) – 24% Biscuit_(4") – 24% Parsnips_(1 cup) – 23% Soybeans_(1 cup) – 23% Okra_(1 cup) – 19% Croissant₍₁₎ – 19% Mung Beans_(1 cup) – 16% Italian Bread_(1 slice) – 15% Crab_(1 cup) – 15%	Clams_(3 oz) – 3500% Liver_(3 oz) – 2900% Crab_(3 oz) – 401% Salmon_(1/2 fillet) – 375% Fortified Cereals_(1 cup) – 252% Herring Fish_(1 cup) – 151% Tuna Fish_(3 oz) – 106% Hamburger_(3 oz) – 100% Lamb_(3 oz) – 94% Halibut_(1/2 fillet) – 91% Haddock_(1 fillet) – 87% Milkshake_(11 fl oz) – 68% Shrimp_(3 oz) – 66% Yogurt_(8 oz) – 58% Milk_(1 cup) – 54% Turkey_(3 oz) – 54% Veal_(3 oz) – 52% Haddock_(3 oz) – 49% Halibut_(3 oz) – 48% Bologna_(2 slices) – 43% Cod Fish_(3 oz) – 37% Ricotta Cheese_(1 cup) – 35% Egg₍₁₎ – 31% Pork_(3 oz) – 30% Mozzarella Cheese_(1 oz) – 27% Margarine_(1 tsp) – 22% Feta Cheese_(1 oz) – 20% Ice Cream_(1/2 cup) – 18% Provolone Cheese_(1 oz) – 17% Cheddar Cheese_(1 oz) – 10%	
-essential for growth, DNA synthesis, immune system function, brain and nerve development	-necessary for development and growth -aids in the metabolism of folate -helps protect against anemia	

Micromineral Guide

www.nutrafied.webs.com

Calcium - 1000g	Iron – 8mg	Magnesium – 400mg	Phosphorus – 700mg	Potassium – 4700mg
Fortified Cereals _(1 cup) – 100% Ricotta Cheese _(1 cup) – 67% Cornmeal _(1 cup) – 48% Yogurt _(8 oz) – 45% Collards _(1 cup) – 36% Rhubarb _(1 cup) – 35% Eggnog _(1 cup) – 33% Sardines _(3 oz) – 33% Milk _(1 cup) – 31% Spinach _(1 cup) – 29% Rice Drink _(18 fl oz.) – 28% Cheeseburger ₍₁₎ – 27% Soybeans _(1 cup) – 26% Turnip Greens _(1 cup) – 25% Biscuit _(4") – 24% Cream of Wheat _(1 cup) – 23% Swiss Cheese _(1 oz) – 23% Cottage Cheese _(1 cup) – 21% Provolone Cheese _(1 oz) – 21% Cowpeas _(1 cup) – 21% Mozzarella Cheese _(1 oz) – 21% Cheddar Cheese _(1 oz) – 20% Turnip Greens _(1 cup) – 20% White Beans _(1 cup) – 19% Kale _(1 cup) – 18% Okra _(1 cup) – 18% Tofu _(81g) – 16% Blue Cheese _(1 oz) – 15% Dandelion Greens _(1 cup) – 15% Feta Cheese _(1 oz) – 14% Crab _(1 cup) – 14% Navy Beans _(1 cup) – 13% Shrimp _(3 oz) – 12% Great Northern Beans _(1 cup) – 12% Ice Cream _(1/2 cup) – 11%	Clams _(3 oz) – 296% Fortified Cereals _(1 cup) – 226% Giblets _(1 cup) – 140% Oatmeal _(177g) – 132% Parboiled Rice _(1 cup) – 122% Soybeans _(1 cup) – 105% White Beans _(1 cup) – 98% Lentils _(1 cup) – 82% Cornmeal _(1 cup) – 81% Spinach _(1 cup) – 80% Oyster _(3 oz) – 74% Bagel _(4") – 67% Beef _(3 oz) – 66% Kidney Beans _(1 cup) – 65% Artichokes _(1 cup) – 64% Barley _(1 cup) – 63% Trail Mix _(1 cup) – 62% Chickpeas _(1 cup) – 59% Soybeans _(1 cup) – 56% Lima Beans _(1 cup) – 56% Cowpeas _(1 cup) – 54% Navy Beans _(1 cup) – 54% Peas _(1 cup) – 48% Great Northern Beans _(1 cup) – 47% Black Beans _(1 cup) – 45% Pinto Beans _(1 cup) – 45% Sauerkraut _(1 cup) – 43% Bulgur _(1 cup) – 43% Cherries _(1 cup) – 42% Pumpkin _(1 cup) – 43% Turnip Greens _(1 cup) – 40% Parboiled Rice _(1 cup) – 40% Peas _(1 cup) – 39% Pretzels ₍₁₀₎ – 39% Shrimp ₍₆₋₈₎ – 37% Biscuit _(4") – 37% Beet Greens _(1 cup) – 34% Mushrooms _(1 cup) – 34% Raisins _(1/2 cup) – 17%	Buckwheat flour _(1 cup) – 75% Trail Mix _(1 cup) – 59% Bulgur _(1 cup) – 58% Oat bran _(1 cup) – 55% Halibut _(1/2 fillet) – 43% Barley _(1 cup) – 40% Spinach _(1 cup) – 40% Pumpkin Seeds _(1 oz/142 seeds) – 39% Cornmeal _(1 cup) – 39% Swiss Chard _(1 cup) – 38% Soybeans _(1 cup) – 37% White&Black Beans _(1 cup) – 33% Breakfast Cereal _(1/2 cup) – 27% Brazil Nuts _(6-8 nuts) – 27% Lima Beans _(1 cup) – 15% Beet Greens _(1 cup) – 25% Navy Beans _(1 cup) – 24% Baking Chocolate _(1 square) – 23% Cowpeas _(1 cup) – 23% Halibut _(3 oz) – 23% Great Northern Beans _(1 cup) – 22% Pinto Beans _(1 cup) – 22% Brown Rice _(1 cup) – 21% Kidney Beans _(1 cup) – 20% Chickpeas _(1 cup) – 20% Grapefruit Juice _(6 fl oz) – 20% Cashew Nuts _(18 nuts) – 19% Dates _(1 cup) – 19% Couscous _(1 cup) – 19% Almonds _(24 nuts) – 19% Haddock _(1 fillet) – 19% Lentils _(1 cup) – 18% Artichoke _(1 cup) – 18% Avocado ₍₁₎ – 18% Green Peas _(1 cup) – 16% Okra _(1 cup) – 15% Butternut Squash _(1 cup) – 15% Parsnips _(1 cup) – 11%	Cornmeal _(1 cup) – 123% Oat Bran _(1 cup) – 99% Trail Mix _(1 cup) – 81% Halibut _(1/2 fillet) – 65% Ricotta Cheese _(1 cup) – 64% Barley _(1 cup) – 63% Salmon _(1/2 fillet) – 61% Soybeans _(1 cup) – 60% Giblets _(1 cup) – 60% Bulgur _(1 cup) – 60% Sardines _(3 oz) – 60% Liver _(3 oz) – 59% Sunflower Seeds _(1/4 cup) – 53% Cottage Cheese _(1 cup) – 52% Haddock _(1 fillet) – 52% Lentils _(1 cup) – 51% Yogurt _(8 oz) – 51% Crab _(1 cup) – 50% Pumpkin&Squash Seeds ₍₁₄₂₎ – 48% Turkey _(1 cup) – 43% Couscous _(1 cup) – 42% Great Northern Beans _(1 cup) – 42% Parboiled Rice _(1 cup) – 41% Clams _(3 oz) – 41% Eggnog _(1 cup) – 40% Chickpeas _(1 cup) – 39% Cowpeas _(1 cup) – 38% Tuna _(3 oz) – 38% Navy Beans _(1 cup) – 37% Chicken _(1/2 breast) – 37% Pinto Beans _(1 cup) – 36% Kidney Beans _(1 cup) – 36% Milk _(1 cup) – 35% Black Beans _(1 cup) – 34% Pork _(3 oz) – 33% Cornbread _(1 slice) – 32% Cod Fish _(3 oz) – 32% Scallops ₍₆₎ – 31% Veal _(3 oz) – 30%	Beet Greens _(1 cup) – 28% White Beans _(1 cup) – 25% Dates _(1 cup) – 25% Potato ₍₁₎ – 23% Trail Mix _(1 cup) – 21% Soybeans _(1 cup) – 21% Lima Beans _(1 cup) – 20% Halibut _(1/2 fillet) – 19% Plantains ₍₁₎ – 19% Chestnuts _(1 cup) – 18% Spinach _(1 cup) – 19% Marinara Sauce _(1 cup) – 17% Pinto Beans _(1 cup) – 16% Lentils _(1 cup) – 16% Kidney Beans _(1 cup) – 15% Split Peas _(1 cup) – 15% Navy Beans _(1 cup) – 15% Sweet Potato ₍₁₎ – 15% Great Northern Beans _(1 cup) – 15% Cowpeas _(1 cup) – 15% Artichokes _(1 cup) – 14% Black Beans _(1 cup) – 13% Haddock _(1 fillet) – 13% Salmon _(1/2 fillet) – 12% Bulgur _(1 cup) – 12% Parsnips _(1 cup) – 12% Pumpkin _(1 cup) – 12% Kohlrabi _(1 cup) – 12% Mushrooms _(1 cup) – 12% Rutabagas _(1 cup) – 12% Clams _(3 oz) – 11% Yogurt _(8 oz) – 11% Beets _(1 cup) – 11% Orange Juice _(1 cup) – 11% Brussels Sprouts _(1 cup) – 11% Broccoli _(1 cup) – 10% Cod Fish _(3 oz) – 10% Celery _(1 cup) – 9%
-bones, teeth, heart function, hormone release, blood clotting, reproduction, nerve transmission and muscle contraction	-formation of red blood cells -oxygen and electron transport -vital for energy production	-component of bones, nerve transmission, protein synthesis, muscle contraction, enzyme function and energy transport	-component of bones and teeth; metabolism, protein synthesis, Ca absorption, acid-base balance & energy production	-nerve impulse conduction, heart rhythm, growth, metabolism; acid/base, water and electrolyte balance; essential for the proper functioning of all organs

Micromineral Guide

www.nutrafied.webs.com

Zinc – 12mg	Selenium – 55ug	Copper – 900ug	Manganese – 2.3mg	Choline – 550mg
Oysters _(3 oz) – 617% Fortified Cereals _(1 cup) – 128% Beef _(3 oz) – 73% Crab _(3 oz) – 54% Lamb _(3 oz) – 52% Giblets _(1 cup) – 51% Trail Mix _(1 cup) – 38% Liver _(3 oz) – 37% Turkey _(1 cup) – 36% Barley _(1 cup) – 36% Kidney Beans _(1 cup) – 35% Pork _(3 oz) – 33% Veal _(3 oz) – 30% Ricotta Cheese _(1 cup) – 28% White Beans _(1 cup) – 24% Bulgur _(1 cup) – 23% Chickpeas _(1 cup) – 21% Lobster _(3 oz) – 21% Cowpeas _(1 cup) – 20% Oatmeal _(1 cup) – 20% Clams _(3 oz) – 19% Cornmeal _(1 cup) – 19% Yogurt _(8 oz) – 18% Wild Rice _(1 cup) – 18% Pumpkin&Squash Seeds ₍₁₄₂₎ – 18% Soybeans _(1 cup) – 17% Split Peas _(1 cup) – 16% Black Beans _(1 cup) – 16% Navy Beans _(1 cup) – 15% Pine Nuts _(1 oz) – 15% Lima Beans _(1 cup) – 15% Chicken _(1 thigh) – 15% Sunflower Seeds _(1/2 cup) – 14% Bagel _(4") – 14% Pinto Beans _(1 cup) – 14% Shrimp _(3 oz) – 14% Cashew Nuts _(1 oz) – 13% Great Northern Beans _(1 cup) – 13% Couscous _(1 cup) – 12% Spinach _(1 cup) – 11% Mushrooms _(1 cup) – 11% Corn _(1 cup) – 11% Marinara Sauce _(1 cup) – 11%	Brazilnuts ₍₆₋₈₎ – 980% Giblets _(1 cup) – 157% Barley _(1 cup) – 136% Orange Roughy Fish _(3 oz) – 136% Halibut Fish _(1/2 fillet) – 135% Shrimp ₍₆₋₈₎ – 124% Tuna fish _(3 oz) – 124% Haddock _(1 fillet) – 110% Salmon _(1/2 fillet) – 107% Oysters _(3 oz) – 103% Turkey _(1 cup) – 93% Herring Fish _(3 oz) – 91% Parboiled Rice _(1 cup) – 80% Couscous _(1 cup) – 79% Crab _(1 cup) – 78% Pork _(3 oz) – 77% Clams _(3 oz) – 75% Ricotta Cheese _(1 cup) – 75% Shrimp _(3 oz) – 73% Egg Noodles _(1 cup) – 69% Macaroni _(1 cup) – 67% Shiitake Mushrooms _(1 cup) – 65% Chicken _(1 cup) – 64% Waffle ₍₁₎ – 63% Beef _(3 oz) – 60% Cod Fish _(3 oz) – 59% Lamb _(3 oz) – 57% Cream of Wheat _(1 cup) – 56% Liver _(3 oz) – 52% Sunflower Seeds _(1/2 cup) – 46% Scallops ₍₆₎ – 45% Kaiser Roll ₍₁₎ – 41% Cottage Cheese _(1 cup) – 37% Bagel _(4") – 37% Cornmeal _(1 cup) – 34% Egg ₍₁₎ – 33% Oatmeal _(1 cup) – 23% Soybeans _(1 cup) – 23%	Liver _(3 oz) – 1377% Oysters _(3 oz) – 405% Lobster _(3 oz) – 183% Shiitake Mushrooms _(1 cup) – 144% Trail Mix _(1 cup) – 137% Crab _(3 oz) – 111% Barley _(1 cup) – 93% Chestnuts _(1 cup) – 81% Soybeans _(1 cup) – 78% Cashews _(1 oz) – 70% White Beans _(1 cup) – 68% Sunflower Seeds _(1/4 cup) – 65% Clams _(3 oz) – 65% Chickpeas _(1 cup) – 64% Lentils _(1 cup) – 55% Brazilnuts ₍₆₋₈₎ – 55% Hazelnuts _(1 oz) – 54% Giblets _(1 cup) – 53% Marinara Sauce _(1 cup) – 52% Bulgur _(1 cup) – 52% Cowpeas _(1 cup) – 51% Walnuts _(14 halves) – 50% Lima Beans _(1 cup) – 49% Kidney Beans _(1 cup) – 48% Couscous _(1 cup) – 47% Navy Beans _(1 cup) – 42% Pistachio Nuts ₍₄₇₎ – 42% Pine Nuts _(1 oz) – 42% Pinto Beans _(1 cup) – 42% Dates _(1 cup) – 41% Mushrooms _(1 cup) – 41% Turnip Greens _(1 cup) – 40% Pumpkin and Squash Seeds ₍₁₄₂₎ – 40% Beet Greens _(1 cup) – 40% Black Beans _(1 cup) – 40% Split Peas _(1 cup) – 39% Pecans ₍₁₀₎ – 38% Potato ₍₁₎ – 37% Soymilk _(1 cup) – 35% Spinach _(1 cup) – 34% Almonds _(24 nuts) – 31% Raspberries _(1 cup) – 29%	Bulgur _(1 cup) – 185% Barley _(1 cup) – 115% Pine Nuts _(1 oz) – 108% Fortified Cereal _(1/2 cup) – 97% Parboiled Rice _(1 cup) – 89% Whole Wheat Spaghetti _(1 cup) – 84% Brown Rice _(1 cup) – 77% Hazelnuts _(1 oz) – 76% Chickpeas _(1 cup) – 73% Spinach _(1 cup) – 73% Pineapple _(1 cup) – 67% Soybeans _(1 cup) – 62% Oatmeal _(1 cup) – 59% Trail Mix _(1 cup) – 59% Cowpeas _(1 cup) – 59% Pecans ₍₁₀₎ – 55% Pumpkin&Squash Seeds ₍₁₄₂₎ – 55% Lima Beans _(1 cup) – 48% Lentils _(1 cup) – 42% Walnuts ₍₇₎ – 42% Navy Beans _(1 cup) – 42% Great Northern Beans _(1 cup) – 40% Blackberries _(1 cup) – 40% Macadamia Nuts ₍₁₀₎ – 37% Green Peas _(1 cup) – 37% Kidney Beans _(1 cup) – 37% Raspberries _(1 cup) – 36% Collards _(1 cup) – 36% Turnip Greens _(1 cup) – 34% Split Peas _(1 cup) – 34% Pinto Beans _(1 cup) – 34% Black Beans _(1 cup) – 33% Beet Greens _(1 cup) – 32% Sweet Potato ₍₁₎ – 32% Sunflower Seeds _(1/2 cup) – 29% Maple Syrup _(1 tbsp) – 29% Almonds ₍₂₄₎ – 28% Sweet Potato ₍₁₎ – 25% Swiss Chard _(1 cup) – 25% Strawberries _(1 cup) – 24% Kale _(1 cup) – 24%	Liver _(3 oz) – 65% Giblets _(1 cup) – 47% Egg ₍₁₎ – 26% Eggnog _(1 cup) – 24% Rockfish _(1 fillet) – 22% Veal _(3 oz) – 22% Turkey _(1 cup) – 21% Beef _(3 oz) – 20% Salmon _(1/2 fillet) – 18% Pork _(3 oz) – 17% Lamb _(3 oz) – 17% Chicken _(1/2 breast) – 16% Soybeans _(1 cup) – 15% Navy Beans _(1 cup) – 15% Chickpeas _(1 cup) – 14% Kidney Beans _(1 cup) – 14% Cowpeas _(1 cup) – 14% Collards _(1 cup) – 14% Barley _(1 cup) – 14% Cod Fish _(3 oz) – 13% Clams _(3 oz) – 13% Shrimp _(3 oz) – 13% Crab _(3 oz) – 13% Lobster _(3 oz) – 13% Lima Beans _(1 cup) – 12% Lentils _(1 cup) – 12% Split Peas _(1 cup) – 12% Sardines _(3 oz) – 12% Brussels Sprouts _(1 cup) – 12% Broccoli _(1 cup) – 11% Pinto Beans _(1 cup) – 11% Cauliflower _(1 cup) – 11% Soymilk _(1 cup) – 11% Artichokes _(1 cup) – 11% Oysters ₍₆₎ – 10% Shiitake Mushrooms _(1 cup) – 10% Corn _(1 cup) – 9% Milk _(1 cup) – 8% Ricotta Cheese _(1 cup) – 8% Parsnips _(1 cup) – 7% Egg Noodles _(1 cup) – 7%
-important for the formation of protein in the body; assists in wound healing, blood formation, growth and maintenance	-aids with the function of antioxidants	-metabolism, blood cell and bone formation; maintains blood vessels, nerves and the immune system	-important for metabolism, nervous system and brain function -collagen and bone growth	-aids with liver and gall bladder function -vital for thinking and memory -used by the liver to neutralize toxins

Vitamin Guide

Vitamin A – 900ug	Vitamin C – 90mg	Vitamin D – 400IU	Vitamin E – 10.5mg	Vitamin K – 120 ug
Butternut Squash _(1 cup) – 857% Sweet Potatoes ₍₁₎ – 822% Liver _(3 oz) – 731% Spinach _(1 cup) – 707% Kale _(1 cup) – 664% Pumpkin _(1 cup) – 458% Cantaloupe _(1 cup) – 203% Carrots _(1 cup) – 146% Collards _(1 cup) – 108% Turnip Greens _(1 cup) – 98% Peas _(1 cup) – 48% Cream of Wheat _(142g) – 40% Dandelion Greens _(1 cup) – 40% Oats _(177g) – 36% Fortified Milk _(1 cup) – 34% Breakfast Cereals _(1 cup) – 30% Herring _(3 oz) – 24% Apricot ₍₁₎ – 24% Ice Cream _(1/2 cup) – 15% Butter _(1 tbsp) – 11% Egg ₍₁₎ – 10% Halibut _(1/2 fillet) – 10% Cheese _(1 oz) – 9% Mollusks _(3 oz) – 9% Chicken _(1 cup) – 5%	Guava ₍₁₎ – 140% Orange Juice _(1 cup) – 138% Broccoli _(1 cup) – 124% Brussels Sprouts _(1 cup) – 108% Kohlrabi _(1 cup) – 99% Papaya _(1 cup) – 96% Strawberries _(1cup) – 94% Pineapple _(1 cup) – 88% Grapefruit _(1cup) – 85% Green Peppers _(1 cup) – 82% Orange ₍₁₎ – 76% Kiwi ₍₁₎ – 71% Lemon Juice _(1 cup) – 67% Fortified Cereal _(1 cup) – 66% Grape Juice _(1 cup) – 66% Cantaloupe Melon _(1 cup) – 65% Mango ₍₁₎ – 64% Cauliflower _(1 cup) – 61% Avocado ₍₁₎ – 60% Kale _(1 cup) – 59% Chestnuts _(1 cup) – 42% Starfruit _(1 cup) – 41% Sauerkraut _(1 cup) – 39% Collards _(1 cup) – 38% Plantains ₍₁₎ – 37% Raspberries _(1 cup) – 36% Rutabagas _(1 cup) – 36% Cabbage _(1 cup) – 36% Swiss Chard _(1 cup) – 35% Blackberries ₍₁₎ – 34% Honeydew Melon _(1 cup) – 34% Pomegranate ₍₁₎ – 32% Okra _(1 cup) – 29% Zucchini _(1 cup) – 26% Green Peas _(1 cup) – 25% Sweet Potatoes ₍₁₎ – 25% Parsnips _(1 cup) – 23% Beets _(1 cup) – 21% Spinach _(1 cup) – 20%	Salmon _(3 oz) – 198% Tuna _(3 oz) – 39% Milk 1% _(1 cup) – 29% Fortified Breakfast Cereal _(1 cup) – 26% Herring _(3 oz) – 24% Pork _(3 oz) – 18% Shiitake Mushrooms _(1 cup) – 11% Cod _(3 oz) – 10% Egg ₍₁₎ – 7% Cheese _(1 cup) – 6% Ice Cream _(1/2 cup) – 2% Butter _(1 tbsp) – 2%	Fortified Breakfast Cereals _(1 cup) – 129% Sunflower Seeds _(1/4 cup) – 79% Almonds _(24 nuts) – 71% Spinach _(1 cup, cooked) – 64% Sunflower Oil _(1 tbsp) – 53% Tomato Sauce _(1 cup) – 45% Safflower Oil _(1 tbsp) – 44% Turnip Greens _(1 cup) – 42% Hazelnuts _(1 oz) – 41% Potato Chips _(1 oz) – 31% Pine Nuts _(1 oz) – 25% Beet Greens _(1 cup) – 25% Crab _(1 cup) – 25% Dandelion Greens _(1 cup) – 24% Canola Oil _(1 tbsp) – 23% Broccoli _(1 cup) – 23% Red Peppers _(1 cup) – 22% Fish _(1 fillet) – 22% Mango ₍₁₎ – 22% Papaya ₍₁₎ – 21% Peanuts _(28 nuts) – 21% Margarine _(1 tbsp) – 21% Asparagus _(1 cup) – 21% Collards _(1 cup) – 20% Pumpkin _(1 cup) – 18% Corn Oil _(1 tbsp) – 18% Olive Oil _(1 tbsp) – 18% Mango _(1 cup) – 18% Sardines _(3 oz) – 17% Mustard Greens _(1 cup) – 17% Blackberries _(1 cup) – 17% Soybean Oil _(1 tbsp) – 16% Brazil Nuts ₍₆₋₈₎ – 16% Pinto Beans _(1 cup) – 15% Carrots _(1 cup) – 15% Parsnips _(1 cup) – 15% Sweet Potato ₍₁₎ – 15% Herring _(3 oz) – 14% Salmon _(1/2 fillet) – 13%	Collards _(1 cup) – 898% Kale _(1 cup) – 885% Spinach _(1 cup) – 740% Dandelion Greens _(1 cup) – 482% Swiss chard _(1 cup) – 477% Turnip Greens _(1 cup) – 449% Mustard Greens _(1 cup) – 349% Broccoli _(1cup) – 183% Brussels Sprouts _(1 cup) – 108% Asparagus _(1 cup) – 76% Cabbage _(1 cup) – 56% Okra _(1 cup) – 53% Pomegranate ₍₁₎ – 39% Rhubarb _(1 cup) – 30% Mung Beans _(1 cup) – 28% Soybeans _(1 cup) – 28% Sauerkraut _(1 cup) – 26% Blueberries _(1 cup) – 24% Blackberries _(1 cup) – 24% Kiwi ₍₁₎ – 23% Leeks _(1 cup) – 22% Pickle ₍₁₎ – 21% Artichokes _(1 cup) – 21% Grapes _(1 cup) – 18% Green Beans _(1 cup) – 17% Cauliflower _(1 cup) – 14% Kidney Beans _(1 cup) – 12% Lettuce _(1 cup) – 11% Canola Oil _(1 tbsp) – 8% Cashew Nuts ₍₁₈₎ – 8% Tomato ₍₁₎ – 8% Raspberries _(1 cup) – 8% Carrots ₍₁₎ – 8% Lima Beans _(1 cup) – 8% Oregano _(1 tsp) – 8% Butternut Squash _(1 cup) – 8% Green Peppers ₍₁₎ – 7%
-essential for vision -promotes growth and tissue repair -helps keep the lining of the mouth, nose, throat and digestive tract healthy -protective against infection -boosts immune function	-growth and repair of all tissues -wound healing -collagen synthesis -strengthens the immune system -maintains bones, teeth, and cartilage -antioxidant activity	-helps the body absorb calcium -influences the body's use of phosphorus -helps build strong bones and teeth	-functions as an antioxidant -needed for red blood cell formation -may help improve stamina and endurance -may reduce cardiovascular disease -may decrease blood clotting	-essential for blood clotting -essential for bone metabolism

