



Food Sources of Key Nutrients

Use this handout to get plenty of nutrient-dense foods into your diet. These nutrients are essential for good health, and there are many delicious foods that provide them abundantly.

Vitamin A

- Liver
- Egg yolks
- Cod liver oil

Vitamin D

- Sunshine (not a food but the best source of vitamin D)
- Cod liver oil
- Fatty fish like sardines, tuna, mackerel, and salmon
- Shellfish (oysters, clams, shrimp, etc.)

Magnesium

- Dark leafy greens (e.g., spinach, swiss chard)
- Nuts and seeds (especially pumpkin seeds)
- Fish
- Avocados
- Yogurt
- Bananas
- Dark chocolate
- Molasses
- Figs

Vitamin K2

- Grass fed dairy
- Poultry liver (especially goose)
- Natto (fermented soybeans)

Vitamin C



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- Citrus fruit
 - Bell peppers
 - Dark leafy greens
 - Kiwi
 - Broccoli
 - Berries
 - Tomatoes
 - Papaya
 - Brussels sprouts
 - Cantaloupe

Iodine

- Seaweed
- Fish
- Shellfish
- Potatoes
- Cranberries
- Organic dairy products