

F HOW TO REPLACE MISSING NUTRIENTS

If you need to make sure you're getting enough nutrients to replace the ones eliminated due to food intolerances, look up the nutrients in this list to see what foods are common sources of them. This will help you plan with your diet specialist your best way to make sure you're getting the nutrition you need. Make sure to discuss your plans with your health care professional, in case there are other food issues you need to take into consideration as well, such as allergies, cholesterol or blood pressure issues, and medication interactions.

| | Nutrients | Common sources | |
|------------|---------------------------|---|---|
| Basic | Carbohydrate | wheat products (e.g., bread, pasta), rice, oatmeal, potatoes, fruit, vegetables | |
| | Fibre | wheat bran, rice bran, psyllium, flax seeds, chia seeds, dark green leafy vegetables | |
| | Protein | eggs, fish, meat, tofu, beans/legumes | |
| | Unsaturated fats | avocado, raw nuts/seeds, fatty fish (e.g., salmon), extra virgin olive oil | |
| Vitamins | Folic acid | spinach, kale, beet greens, swiss chard, asparagus, broccoli, garbanzo beans (chick peas), sunflower seeds, liver, peanuts | |
| | Vitamin A | egg yolks, whole milk, cream, butter, cod liver oil, carrots, liver, butternut squash, cantaloupe | |
| | Vitamin B1 (thiamin) | wheat germ, wheat bran, brewer's yeast, brown rice, black-strap molasses, pistachios, sunflower seeds, macadamia nuts, pecans | |
| | Vitamin B2 (riboflavin) | brewer's yeast, beef liver, oily fish (trout, herring, eel, shad), almonds, cheese (roquefort, brie, limburger), sun-dried tomatoes | |
| | Vitamin B3 (niacin) | liver and other organ meats, poultry, peanuts, tuna, salmon, halibut, veal, sun-dried tomatoes | |
| | Vitamin B5 (pantothenate) | organ meats, brewer's yeast, fish, chicken, sweet potatoes, cheese, mushrooms, avocados | |
| | Vitamin B6 (pyridoxine) | organ meats, brewer's yeast, wheat germ, whole grains, sprouted whole wheat, pistachios, garlic (raw), molasses | |
| | Vitamin B12 | meat, egg yolks, organ meats, seafood (clams, mussels, oysters, octopus), fermented foods (tempeh, miso), lamb | |
| | Vitamin C | oranges, lemons, limes, grapefruits, strawberries, raspberries, blackberries, peppers, guava, broccoli, cauliflower, Brussels sprouts, papaya | |
| | Vitamin D | cod liver oil, egg yolks, butter, oily fish (mackerel, salmon, sardines), fortified cereals, fortified dairy, salami, ham, sausages | |
| | Vitamin E | egg yolks, milk fat, liver, oils extracted from nuts or seeds, red palm oil, cooked spinach | |
| | Vitamin K | milk products, egg yolks, cod liver oil, green leafy vegetables (kale, broccoli, kelp, alfalfa), prunes | |
| | Minerals | Calcium | milk, cheese, sardines (with bones), salmon (with bones) |
| | | Copper | buckwheat, seafood, liver and other organ meats, sesame seeds, cocoa powder and chocolate |
| Iodine | | seafood, sea vegetables (kelp, nori, chlorella), fortified salt | |
| Iron | | seafood (oysters, clams, mussels, shrimp), liver, black-strap molasses, squash and pumpkin seeds, spinach, dark chocolate and cocoa powder, egg yolks | |
| Magnesium | | bran (rice, wheat, and oat), cocoa powder and dark chocolate, dark green vegetables, most nuts, most seeds, most legumes, fermented soy, soy flour, tofu | |
| Phosphorus | | bran (rice and oat), seeds (pumpkin, sunflower), milk products (cheese and yogurt), nuts (brazil and pine), bacon, eggs, whey protein, fish | |
| Potassium | | white beans, spinach, acorn squash, kale, yogurt, bananas, asparagus, mushrooms, sweet potato, parsley, avocado | |
| Selenium | | Brazil nuts, shellfish (oysters, mussels, whelk), liver, brewer's yeast, wheat germ, molasses, oats, brown rice | |
| Sodium | | sea salt, bouillon cubes, salad dressing, gravies, sea vegetables (kelp, nori, chlorella), salami, bacon and cured meats, seafood, soy and soya products, snack foods (pretzels, potato chips, popcorn) | |
| Zinc | | brewer's yeast, dark meat, kelp, eggs, mushrooms, oysters, roasted pumpkin and squash seeds, dark chocolate | |

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