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.

Carbinydrate wheat products (e.g., bread, pasta), rice, oatmeal, potatoes, fruit, vegetables wheat bran, rice bran, psyllium, flax seeds, chai seeds, dark green leafy vegetables prutein eggs, fish, meat, tofu, beans/legumes avocado, raw nuts/seeds, fatty fish (e.g., salmon), eatra virgin olive oil coline acid spinach, kale, beet green, swiss chard, asparagus, broccoll, garbaruo beans (chick peas), sunflower seeds, liver, peanuts viranin A egg yolks, whole milk, cream, butter, cod liver oil, carnots, liver, butternut squash, cantaloupe wheat germ, wheat bran, brewer's yeast, brown rice, black-strap molasses, pistachios, sunflower seeds, macadamia nuts, pecans Vatamin B2 (hiboflavin) brewer's yeast, beef liver, oily fish (trout, herring, eel, shad), almonds, cheese (roquelon, brie, limburger), sun-dried tomatoes Vitamin B3 (marcin) liver and other organ meats, poultry, peanuts, tuna, salmon, halbut, veal, sun-dried tomatoes Vitamin B6 (pantothenate) organ meats, brewer's yeast, fish, chicken, sweet potatoes, cheese, mushrooms, avocados Vitamin B10 (nyridoxina) organ meats, brewer's yeast, wheat germ, whole grains, sprouted whole wheat, pistachios, galic (raw), molasses Vitamin B10 (nyridoxina) organ meats, brewer's yeast, wheat germ, whole grains, sprouted whole wheat, pistachios, galic (raw), molasses Vitamin B10 (nyridoxina) organ meats, brewer's yeast, wheat germ, whole grains, sprouted whole wheat, pistachios, galic (raw), molasses Vitamin B10 (nyridoxina) organ meats, seapefruits, strawberries, raspberries, blackberries, peppers, guava, broccoli, cauliflower, Brussels sprouts, papaya Vitamin B10 (nyridoxina) organ meats, seapefruits, strawberries, raspberries, blackberries, peppers, guava, broccoli, cauliflower, Brussels sprouts, papaya Vitamin B10 (nyridoxina) organ meats, searched from nuts or seeds, red palm oil, cooked spinach malk, greg yolks, milk fat, liver, oils extracted from nuts or seeds, red palm oil, cooked spinach milk products, egg yolks, milk fat, liver, oils extracted from nuts or		Nutrients	Common sources
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Vitamin K milk products, egg yolks, cod liver oil, green leafy vegetables (kale, broccofi, kelp, alfalfa), prunes Calcium milk, cheese, sardines (with bones), salmon (with bones) Coppor buckwheat, seafood, liver and other organ meats, sesame seeds, cocoa powder and chocolate lodine seafood, sea vegetables (kelp, nori, chlorella), fortified salt fron seafood (oysters, clams, mussels, shrimp), liver, black-strap molasses, squash and pumpkin seeds, spinach, dark chocolate and cocoa powder, egg yolks bran (rice, wheat, and oat), cocoa powder and dark chocolate, dark green vegetables, most nuts, most seeds, most legumes, fermented soy, soy flour, tofu 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, avacado Selenium Brazil nuts, shellfish (oysters, mussels, whelk), liver, brewer's yeast, wheat germ, molasses, oats, brown rice 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)		Vitamin D	cod liver oil, egg yolks, butter, oily fish (mackerel, salmon, sardines), fortified cereals, fortified dairy, salami, ham, sausages
Calcium milk, cheese, sardines (with bones), salmon (with bones) Coppor buckwheat, seafood, liver and other organ meals, sesame seeds, cocoa powder and chocolate lodine 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, lish Potassium white beans, spinach, acorn squash, kale, yogurt, bananas, asparagus, mushrooms, sweet potato, parsley, avacado selenium Brazil nuts, shellfish (oysters, mussels, whelk), liver, brewer's yeast, wheat germ, molasses, oats, brown rice 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)		Vitamin E	egg yolks, milk fat, liver, oils extracted from nuts or seeds, red palm oil, cooked spinach
Copper buckwheat, seafood, liver and other organ meals, sesame seeds, cocoa powder and chocolate lodine seafood, sea vegetables (kelp, nori, chlorella), fortified salt seafood (oysters, clams, mussels, shrimp), liver, black-strap molasses, squash and pumpkin seeds, spinach, dark chocolate and cocoa powder, egg yolks bran (rice, wheat, and oat), cocoa powder and dark chocolate, dark green vegetables, most nuts, most seeds, most legumes, fermented soy, soy flour, tofu bran (rice and oat), seeds (pumpkin, sunflower), milk products (cheese and yogurt), nuts (brazil and pine), bacon, eggs, whey protein, fish white beans, spinach, acorn squash, kale, yogurt, bananas, asparagus, mushrooms, sweet potato, parsley, avacado solenlum Brazil nuts, shellfish (oysters, mussels, whelk), liver, brewer's yeast, wheat germ, molasses, oats, brown rice 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)		Vitamin K	milk products, egg yolks, cod liver oil, green leafy vegetables (kale, broccoli, kelp, alfalfa), prunes
lodine seafood, sea vegetables (kelp, nori, chlorella), fortified salt fron 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, avacado Solenium Brazil nuts, shellfish (oysters, mussels, whelk), liver, brewer's yeast, wheat germ, molasses, oats, brown rice 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)	6	Calcium	milk, cheese, sardines (with bones), salmon (with bones)
hron 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, avacado Solenlum Brazil nuts, shellfish (oysters, mussels, whelk), liver, brewer's yeast, wheat germ, molasses, oats, brown rice 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)		Соррег	buckwheat, seafood, liver and other organ meats, sesame seeds, cocoa powder and chocolate
and cocoa powder, egg yolks 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, avacado Solenlum 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)		lodine	seafood, sea vegetables (kelp, nori, chlorella), fortified salt
fermented soy, soy flour, tofu 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, avacado Selenium Brazil nuts, shellfish (oysters, mussels, whelk), liver, brewer's yeast, wheat germ, molasses, oats, brown rice 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)		tron	seafood (oysters, clams, mussels, shrimp), liver, black-strap molasses, squash and pumpkin seeds, spinach, dark chocolate and cocoa powder, egg yolks
whey protein, fish Potassium white beans, spinach, acorn squash, kale, yogurt, bananas, asparagus, mushrooms, sweet potato, parsley, avacado Solenium Brazil nuts, shellfish (oysters, mussels, whelk), liver, brewer's yeast, wheat germ, molasses, oats, brown rice 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)	merais	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
Solenium Brazil nuts, shellfish (oysters, mussels, whelk), liver, brewer's yeast, wheat germ, molasses, oats, brown rice Sodium Solenium Solen		Phosphorus	bran (rice and oat), seeds (pumpkin, sunflower), milk products (cheese and yogurt), nuts (brazil and pine), bacon, eggs, whey protein, fish
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)		Potassium	white beans, spinach, acorn squash, kale, yogurt, bananas, asparagus, mushrooms, sweet potato, parsley, avacado
seafood, soy and soya products, snack foods (pretzels, potato chips, popcorn)		Selenium	Brazif nuts, shellfish (oysters, mussels, whelk), liver, brewer's yeast, wheat germ, molasses, oals, brown rice
Zinc brewer's yeast, dark meat, kelp, eggs, mushrooms, oysters, roasted pumpkin and squash seeds, dark chocolate		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



