



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)
- Fatty fish like sardines, tuna, mackerel, and salmon
- Shellfish (oysters, clams, shrimp, etc.)
- Cod liver oil

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

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

IODINE

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