

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)
- Fish
- Dark chocolate
- Nuts and seeds (especially pumpkin seeds)
- Avocados
- Molasses
- Yogurt
- Figs
- Bananas

Vitamin K2

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

Vitamin C

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

Iodine

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