

Combined High Nutrients Food List

Vitamin A	Vitamin B5 (Pantothenic Acid)	Vitamin B12 (Methyl Cobalamin)	Vitamin K	Magnesium
Sweet Potato	Breakfast Cereal	Clams	Natto	Almonds
Beef Liver	Beef liver	Liver, beef	Collards	Spinach
Pumpkin	Shitake mushrooms	Nutritional yeasts	Turnip greens	Cashews
Spinach	Sunflower seeds	Trout, rainbow	Spinach, raw	Peanuts
Carrots	Chicken Breast	Salmon	Kale, raw	Cereal
Cantaloupe	Tuna	Tuna fish	Broccoli	Soymilk
Sweet Red Peppers	Avocados, raw	Cheeseburger	Soybeans	Black beans
Mangoes	Milk 2%	Haddock	Carrot juice	Edamame
Papaya	Mushrooms, white	Breakfast cereals	Edamame	Peanut Butter
Apricots	Potatoes	Beef, top sirloin	Pumpkin	Bread
Orange Color	Egg	Milk, low fat	Pomegranate juice	Avocado
Dandelion Greens	Greek yogurt	Yogurt, low fat	Blueberries, raw	Potatoes
Kale	Ground beef	Cheese, swiss	Calcium	Brown Rice
Vitamin B1 (Thiamin)	Vitamin B6 (Pyridoxine)	Vitamin C		Manganese
Breakfast Cereals	Chickpeas	Red pepper	Yogurt	Mussels
Rice, White	Beef liver	Orange juice	Mozzarella	Hazelnuts
Sunflower Seeds	Tuna	Oranges	Sardines	Pecans
Navy Beans	Salmon	Grapefruit juice	Cheddar cheese	Brown Rice
Barley	Chicken breast	Kiwifruit	Milk	Oysters
Egg Noodles	Breakfast cereals	Kiwifruit	Soymilk	Oysters
Dried Peas	Potatoes	Green peppers	Orange juice fortified	Clams
Green Beans	Turkey	Broccoli, cooked	Tofu	Chickpeas
Lentils	Banana	Strawberries	Salmon	Spinach
Pinto Beans	Marinara Spaghetti	Brussel sprouts	Cereals fortified	Pineapple
Pork Chops	Ground Beef	Tomato juice	Kale	Soybeans
Trout	Waffles	Cantaloupe	Turnip greens	Whole wheat bread
Black Beans	Squash, winter	Cabbage, cooked	Copper	Oatmeal
		Cauliflower	Beef, liver	Phosphorus
Vitamin B2 (Riboflavin)	Vitamin B7 (Biotin)	Vitamin D		
Beef Liver	Beef liver	Cod liver oil	Oysters	Tuna
Breakfast Cereals	Eggs	Swordfish	Sesame seeds	Lean Pork chops
Oats	Salmon, pink	Salmon	Baking chocolate	Firm Tofu
Soybeans	Pork chop	Tuna fish	Potatoes	Lean Chicken Breast
Yogurt, plain	Hamburger patty	Orange juice fortified	Cashews	Scallops
Spinach	Sunflower Seeds	Almond Milk	Sunflower seeds	Lentils
Beet Greens	Sweet Potatoes	Yogurt	Mushrooms	Squash
Tempeh	Almonds, roasted	Margarine	Chickpeas	Pumpkin seeds
Milk, 2%	Tuna, canned	Sardines	Crab	Beef
Beef, sirloin	Spinach, boiled	Liver, beef	Turkey	Quinoa
Clams	Broccoli, fresh	Egg, 1 whole	Dark Chocolate	Uncooked Oats
Asparagus	Cheddar Cheese	Cheese, swiss	Avocados	Mozzarella cheese
Mushrooms	Milk 2%	Vitamin E	Iron	Kielbasa Sausage
Vitamin B3 (Niacin)	Vitamin B9 (Folic Acid)			Potassium
Beef Liver	Beef liver	Wheat germ	Breakfast cereals	Apricots
Chicken Breast	Spinach, boiled	Sunflower seeds	Oysters	Spinach
Marinara Spaghetti	Black-eyed peas	Almonds	White beans	Lentils
Turkey Breast	Breakfast cereals	Sunflower oil	Dark chocolate	Prunes
Salmon	Asparagus	Safflower oil	Beef, liver	Squash
Tuna, in water	Brussel sprouts	Hazelnuts	Lentils	Raisins
Pork tenderloin	Lettuce, romaine, 1 cup	Peanut butter	Spinach	Potatoes
Ground Beef	Avocado, 1/2 cup	Peanuts	Tofu	Kidney beans
Brown Rice	Spinach, raw	Corn oil	Kidney beans	Orange juice
Breakfast Cereals	Rice, White	Spinach, boiled	Sardines	Soybeans
Dry Roasted Peanuts	Broccoli, chopped	Broccoli, boiled	Chickpeas	Bananas
Shrimps	Mustard greens	Soybean oil	Tomatoes	Sodium
Sunflower Seeds	Green peas	Kiwifruit	Potatoes w/ skin	< 2,300 mg
		Mango	Cashew nuts	
			Green peas	
Selenium		Zinc		
Brazil nuts	Macaroni	Oysters	Pork chops	
Tuna	Beef Steak	Beef chuck roast	Baked beans	
Halibut	Turkey	Crab, Alaska King	Chicken, dark meat	
Sardines	Beef liver	Beef patty	Pumpkin seeds	
Ham	Macaroni	Breakfast cereals		
Shrimp	Beef Steak	Lobster		

Combined High Nutrients Food List

References

- (1) <https://ods.od.nih.gov/factsheets/VitaminA-HealthProfessional/>
- (2) Nutrition Almanac, Sixth Edition
- (3) Vitamins for Dummies
- (4) <https://www.myfooddata.com/articles/thiamin-b1-foods.php>
- (5) <https://ods.od.nih.gov/factsheets/Thiamin-HealthProfessional/>
- (6) <http://www.whfoods.com/genpage.php?tname=nutrient&dbid=100>
- (7) <https://www.dietitians.ca/Downloads/Factsheets/Food-Sources-of-Thiamin.aspx>
- (8) <https://ods.od.nih.gov/factsheets/Riboflavin-HealthProfessional/>
- (9) <http://www.whfoods.com/genpage.php?tname=nutrient&dbid=93>
- (10) Niacin (B3): <https://ods.od.nih.gov/factsheets/Niacin-HealthProfessional/>
- (11) Pantothenic acid: <https://ods.od.nih.gov/factsheets/PantothenicAcid-HealthProfessional/>
- (12) <http://www.whfoods.com/genpage.php?tname=nutrient&dbid=87>
- (13) <https://ods.od.nih.gov/factsheets/Biotin-HealthProfessional/>
- (14) <https://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional/>
- (15) <https://ods.od.nih.gov/factsheets/VitaminC-HealthProfessional/>
- (16) <https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/>
- (17) <https://ods.od.nih.gov/factsheets/VitaminE-HealthProfessional/>
- (18) <https://ods.od.nih.gov/factsheets/vitaminK-HealthProfessional/>
- (19) <https://ods.od.nih.gov/factsheets/Calcium-HealthProfessional/>
- (20) <https://ods.od.nih.gov/factsheets/Copper-HealthProfessional/>
- (21) <https://ods.od.nih.gov/factsheets/Iron-HealthProfessional/>
- (22) <https://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/>
- (23) <https://ods.od.nih.gov/factsheets/Manganese-HealthProfessional/>
- (24) <https://www.myfooddata.com/articles/high-phosphorus-foods.php>
- (25) <https://tools.myfooddata.com/nutrient-ranking-tool.php?nutrient=Phosphorus&foodgroup=All&sortby=Highest&servsize=Common&list=Simple>
- (26) <https://ods.od.nih.gov/factsheets/Potassium-HealthProfessional/>
- (27) <https://ods.od.nih.gov/factsheets/Selenium-HealthProfessional/>
- (28) <https://ods.od.nih.gov/factsheets/Zinc-HealthProfessional/>
- (29) https://health.gov/dietaryguidelines/2015/resources/2015-2020_Dietary_Guidelines.pdf