

## FOODS HIGH IN ESSENTIAL NUTRIENTS:

<p><b>PROTEIN:</b></p> <p><b>Meats</b> - Complete protein source # consider the <b>DIGESTION</b> of these - <i>are you digesting these proteins sufficiently?</i> Grass-fed better nutritional/fat profile</p> <p><b>Fish &amp; Seafood</b> - Complete protein source &amp; high in minerals # avoid large fish species - e.g. swordfish, flake &amp; tuna (heavy metals)</p> <p><b>Cheeses &amp; Dairy</b> - # consider impact on digestion (constipating/sensitivities/inflammatory/ lactose). Source goat/sheep product (natural A2) or pure A2 milk/yoghurts - more ricotta, feta, kefir, natural yoghurt.</p> <p><b>Eggs</b> - 'The Perfect Protein'. # consider; can cause sensitivities in some people. Buy grass fed chicken eggs - better fat/nutritional profile.</p> <p><b>Protein Powder</b> - whey (avoid if dairy issues), hemp protein (good for nervous system &amp; vegans), Hydrolysed Collagen Protein (HCP) dairy-free &amp; easily absorbed but sourced from bovine (not suitable for vegan/veg). # consider <b>additives, sweeteners &amp; fillers</b> in protein powders. Many can cause digestive upset.</p> <p><b>Legumes</b> - lentils, beans, peas - these are high fibre sources but should be mixed with wholegrain/nuts/seeds to provide COMPLETE protein (i.e. <b>all</b> amino acids) # consider soaking these overnight &amp;/or sprouting before cooking to increase digestion.</p> <p><b>Nuts/Seeds</b> - same as above - mix with other veg protein sources &amp; soak/sprout for better absorption. These will also provide essential minerals and healthy fats to satisfy hunger.</p>	<p><b>VITAMIN A:</b></p> <ul style="list-style-type: none"> <li>• Fish liver oil - e.g. cod liver oil</li> <li>• Animal liver (consider organic - liver = high toxin)</li> <li>• Egg yolk (grass fed)</li> <li>• Butter (grass fed/organic)</li> </ul> <p><b>CAROTENES (Vit A Pre-cursor)</b></p> <ul style="list-style-type: none"> <li>• Carrots</li> <li>• Tomatoes</li> <li>• Cantaloupe/Rockmelon</li> <li>• Apricots</li> <li>• Mangoes</li> <li>• Pumpkin</li> <li>• Sweet potato</li> <li>• Peaches</li> <li>• Spinach</li> <li>• Basil/Chives/Parsley</li> <li>• Chilli</li> </ul> <p><b>NOTE THAT THESE ARE ALL MOSTLY RED &amp; ORANGE FOODS...</b></p> <p><b>VITAMIN B1 (Thiamine)</b></p> <ul style="list-style-type: none"> <li>• Animal liver &amp; kidney (organic)</li> <li>• Pork</li> <li>• Sunflower seeds</li> <li>• Sesame seeds (tahini)</li> <li>• Buckwheat</li> <li>• Wheat bran (gluten)</li> <li>• Oats</li> <li>• Cashews</li> <li>• Mustard</li> </ul> <p><b>WATER SOLUBLE &amp; HEAT SENSITIVE. Alcohol, sulfites, chlorine &amp; soft-drink/refined carbs can lead to deficiency.</b></p> <p><b>VITAMIN B2 (Riboflavin)</b></p> <ul style="list-style-type: none"> <li>• Cheese - good quality cheddar &amp; parmesan</li> <li>• Fresh wheat germ (gluten)</li> <li>• Whole grains - BROWN &amp; minimal processing</li> </ul>	<ul style="list-style-type: none"> <li>• Egg yolk</li> <li>• Chilli</li> <li>• Mussels</li> <li>• Oysters</li> <li>• Anchovies</li> <li>• Broccoli (raw)</li> <li>• Parsley</li> <li>• Almonds (whole)</li> <li>• Dairy foods</li> <li>• Chicken, meat &amp; fish</li> <li>• Legumes</li> </ul> <p><b>FACT - EXCESS RIBOFLAVIN IS THE B VITAMIN THAT TURNS YOUR WEE YELLOW AFTER TAKING A B SUPPLEMENT! This is not cause for concern.</b></p> <p><b>VITAMIN B3 (Niacin)</b></p> <ul style="list-style-type: none"> <li>• Brown rice (organic) &amp; rice bran</li> <li>• Red meat</li> <li>• Liver &amp; Kidney (organic)</li> <li>• Chicken</li> <li>• Salmon/Sardines/Anchovies</li> <li>• Fish fish</li> <li>• Chilli</li> <li>• Passionfruit</li> <li>• Sesame seeds (tahini)</li> <li>• Sunflower seeds (organic)</li> <li>• Coffee (not instant!) &amp; tea</li> </ul> <p><b>DEFICIENCY OF THIS VITAMIN CAN LEAD TO THE 'Ds' - Dermatitis, diarrhoea, dementia</b></p> <p><b>VITAMIN B5 (Pantothenic Acid)</b></p> <ul style="list-style-type: none"> <li>• Lamb &amp; Chicken Liver</li> <li>• Rice bran/Brown rice</li> <li>• Cheese - camembert/brie</li> <li>• Egg yolk</li> <li>• Pork</li> <li>• Cashews</li> <li>• Dried coconut</li> <li>• Crab meat &amp; Salmon</li> <li>• Stir fried Mushrooms</li> </ul>
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## FOODS HIGH IN ESSENTIAL NUTRIENTS:

### VITAMIN B5 (continued)

**There is an increased need of this vitamin if - taking the**

**contraceptive pill, are diabetic, drink alcohol, have inflammatory bowel disease/digestive issues.**

**Vitamin B5 is very important for adrenal health - during times of stress.**

**NOTE: Diet high in processed/ canned foods will be low in B5.**

### VITAMIN B6 (Pyridoxine)

- Kangaroo meat
- Chicken & lean Turkey
- Salmon
- Eggplant
- Silverbeet/Chard
- Sunflower seeds (organic)
- Pistachio nuts
- Potatoes
- Banana
- Avocado

**LEVELS IN THE BODY CAN BE DECREASED BY CAFFEINE & ALCOHOL CONSUMPTION.**

**ZINC & MAGNESIUM ARE REQUIRED FOR B6 TO BE METABOLISED.**

### VITAMIN B12

- Chicken & Turkey
- Sardines
- Scallops
- Snapper
- Mussels & Oysters
- Eggs
- Cheese - camembert & brie
- Beef & Lamb

**NOTE: B12 is only made by micro-organisms and sufficient food sources are from only from animal products. Poor digestive health can dramatically impact B12 status.**

### VITAMIN B9 (Folate)

- Chicken & lamb liver
- Leafy green vegetables, herbs etc
- Parsley
- Oranges & Limes
- Raw Cacao Powder
- Chickpea flour
- Raw hazelnuts
- Sesame seeds (tahini)
- Spinach
- Chives
- Cabbage
- Watercress
- Bean sprouts
- Broccoli & Cauliflower
- Bok choy
- Avocado
- Mushrooms
- Asparagus
- Whole grains (brown)

**BIOAVAILABILITY OF FOLATE IN FOOD IS ONLY AROUND 50%. IT IS WATER SOLUBLE AND EASILY LEACHES OUT OF FOOD DURING COOKING/PROCESSING. Lightly steam & include some raw sources of leafy greens.**

### BIOTIN

- Brown rice/Rice bran
- Almonds
- Hazelnuts
- Pistachios
- Sunflower seeds (organic)
- Mushrooms
- Broccoli
- Pork, chicken & turkey
- Eggs
- Legumes

**BIOTIN LEVELS IN THE BODY ARE DEPENDANT ON GOOD MAGNESIUM LEVELS. MANY FOOD SOURCES OF BIOTIN ALSO CONTAIN MAGNESIUM!**

### VITAMIN C

- Blackberries/Blueberries
- Banana
- Guava
- Red chillies
- Red capsicum
- Parsley
- Watercress
- Cabbage
- Strawberries
- Papaya
- Cantaloupe
- Citrus fruits
- Broccoli
- Bussels Sprouts
- Green capsicum
- Cauliflower
- Kohlrabi
- Snow peas
- Cherries
- Rose hips
- Kiwi fruit
- Chives
- Asparagus
- Green leafy veggies
- Zucchini
- Ripe tomatoes

**VITAMIN C IS EASILY DESTROYED BY EXPOSURE TO HEAT, LIGHT, AIR, WATER & ALKALINE SOLUTIONS. IT DETERIORATES RAPIDLY DURING STORAGE & FOOD PREP.**

**PICKLED (acidic) PREPARATIONS OF THE ABOVE FOODS (e.g. sauerkraut) RETAIN HIGH AMOUNTS OF VITAMIN C CONTENT.**

**EAT RAW, FRESH VITAMIN C SOURCES THROUGHOUT DAY.**

## FOODS HIGH IN ESSENTIAL NUTRIENTS:

### CALCIUM:

- Dairy products (although depends on processing)
- Natural yoghurt/kefir
- Figs
- Egg yolks
- Canned fish WITH bones
- Snapper, cod, shellfish, prawns
- Bok choy
- Chinese cabbage
- Cauliflower
- Kale/collard greens
- Water cress
- Sesame seeds (tahini)
- Sunflower seeds (organic)
- Brazil nuts
- Almonds
- Cinnamon
- Basil, chives & parsley

**DIETARY SALT & PHOSPHORUS (soft-drinks) CAN INCREASE CALCIUM BEING EXCRETED FROM THE BODY - LEADING TO DEFICIENCY.**

**VITAMIN D LEVELS ALSO NEED TO BE SUFFICIENT FOR CALCIUM TO BE ABSORBED BY THE BODY.**

### CHROMIUM:

- White fish & shellfish
- Parsley (fresh)
- Olives
- Cheese
- Egg Yolks
- Organ meats
- Poultry
- Broccoli
- Whole grains (brown)
- Thyme
- Mushrooms
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**IMPORTANT FOR METABOLISM OF MACROS & INSULIN FUNCTION. IF THERE ARE BLOOD SUGAR ISSUES - CHROMIUM SHOULD BE BOOSTED.**

### COPPER:

- Cacao raw
- Whole grains
- Legumes
- Tahini
- Nuts & seeds

**VEGETARIAN DIETS ARE TYPICALLY HIGHER IN COPPER.**

### IODINE:

- Sea salt/Celtic sea salt
- Cacao (raw)
- Milk - depends on processing - this can deplete significantly
- Fish & shellfish
- Egg yolk (dependent on chicken's diet)

**IODINE IN DIET IS HIGHLY DEPENDENT ON SOIL LEVELS AND FOOD MANUFACTURING. SEA SOURCES MAY BE BETTER BUT CAN CONTAIN OTHER CONTAMINANTS (e.g. heavy metals)**

### IRON:

- Red meats (HEME)
- Almonds, cashews, hazelnuts
- Sesame seeds (tahini)
- Eggs
- Oysters (HEME)
- Fish (HEME) Mussels (HEME)
- Parsley
- Coriander - fresh
- Watercress
- Spinach, silverbeet, chard
- Basil - fresh
- Miso
- Tempeh
- Legumes (make sure to soak and sprout these!)
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**THERE ARE TWO FORMS OF IRON IN FOOD - HEME: from meats that are highly absorbable, & NON-HEME: from plants and less bioavailable. VITAMIN C can help boost iron absorption e.g a squeeze of lemon juice on steak**

### MAGNESIUM:

- Red meat
- Pork, chicken, turkey
- Almonds, brazil, cashews
- Hazelnuts, pecans
- Sesame seeds (tahini)
- Sunflower seeds (organic)
- Cacao raw
- Passionfruit
- Banana
- Blackberries
- Raspberries
- Legumes
- Shallots
- Spinach
- Parsley
- Leafy green veggies
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**INCREASED NEED FOR MAGNESIUM WHEN YOU ARE UNDER STRESS. NEEDED TO CALM THE NERVOUS SYSTEM & FOR NEUROTRANSMITTER PRODUCTION.**

### ZINC:

- Oysters
- Red meats (if digested properly)
- Chicken, turkey, duck
- Nuts - brazil, almond, pepitas, sunflower, chestnuts, cashews, pecans, walnuts (depends on soil levels of zinc)
- Cheese - esp. hard yellow & blue vein
- Eggs
- Sesame seeds (tahini)
- Garlic
- Green peas
- Parsley - fresh
- Broad beans & Butter beans
- Spinach
- Mushrooms

**ZINC IS NEEDED FOR HYDROCHLORIC ACID PRODUCTION IN THE STOMACH. IF ZINC IS LOW, DIGESTION SUFFERS. THIS CAN RESULT IN LESS ZINC ABSORBED FROM FOOD...**

## FOODS HIGH IN ESSENTIAL NUTRIENTS:

### VITAMIN D (Fat Soluble):

- Herring - pickled
- Sardines
- Calamari
- Cod liver oil
- Cheese & Dairy
- Egg yolk (free-range)

**ONLY SMALL AMOUNTS AVAILABLE IN FOOD - MAIN SOURCE SHOULD BE SUNSHINE!**

### VITAMIN E (Fat Soluble):

- Wheat germ
- Sesame seeds (tahini)
- Olive oil (cold pressed)
- Egg yolk (grass fed)
- Almonds
- Sunflower seeds
- Olives
- Avocado
- Whole grains (brown)
- Walnuts
- Butter (grass fed organic)
- Cold pressed flaxseed oil/bran

**SENSITIVE TO EXPOSURE TO AIR & OXYGEN. NEED DIETARY FAT TO ABSORB PROPERLY.**

**MAY BE LOW IF YOU HAVE FAT MALABSORPTION/DIGESTIVE ISSUES e.g. GALLBLADDER**

### VITAMIN K (Fat Soluble):

- Kale
- Silverbeet, chard, spinach
- Broccoli
- Parsley

**VITAMIN K NEEDS DIETARY FATS TO BE ABSORBED.**

**VITAMIN K CAN ALSO BE MANUFACTURED IN THE GUT IF YOUR DIGESTIVE SYSTEM/MICROFLORA IS SUFFICIENT.**

### BIOFLAVONOIDS:

- Fresh fruits
- Fresh vegetables
- Fresh herbs
- Teas - green and herbal
- Red wine (try to source preservative free wines)
- Cacao
- Blue/black berries
- Garlic
- Onion
- Brassica veggies --- broccoli, cauliflower, Brussels, cabbage, kale, bok choy

**AIM TO EAT A RAINBOW OF DIFFERENT COLOURED FRESH FRUIT & VEG EACH DAY!**

### ESSENTIAL FATTY ACIDS:

#### OMEGA 6:

- Sesame (tahini)
- Pine nuts
- Brazil nuts & other seeds/nuts - pumpkin seeds
- Hemp seeds, oil & protein powder
- Evening primrose oil

#### OMEGA 3:

- Fish - Oily fish (DHA/EPA)
- Flaxseeds/ oil & meal
- Walnuts
- Hemp seeds/powder
- Chia seeds
- Purslane
- Eggs (if grass fed chickens)
- Natto

#### OMEGA 7:

- Sea Buckthorn

#### OMEGA 9:

- Olive oil
- Avocado
- Almond butter
- Macadamia nuts

**NEED A GOOD BALANCE OF DIFFERENT OMEGAS - GENERALLY, MODERN DIET IS HIGH IN OMEGA 6 AND NEEDS MORE OMEGA 3 & 9 WHILE ALSO REDUCING PROCESSED VEGETABLE OILS IN PROCESSED FOODS - e.g. Canola, vegetable oil, sunflower oil**