

HOW TO REPLACE MISSING NUTRIENTS

If you need to make sure you're getting enough nutrients to replace the one's 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.

	NUTRIENTS	COMMON SOURCES
Basic	Carbohydrate	Wheat products (ex: bread, pasta), rice, oatmeal, potatoes, fruit, vegetables
	Fibre	Wheat bran, rice bran, psyllium, flax seeds, chia seeds, dark green leafy vegetables
	Protein	Eggs, fish, meat, tofu, beans/legumes
	Unsaturated fats	Avocado, raw nuts/seeds, fatty fish (ex: salmon), extra virgin olive oil
Vitamins	Folic acid	Spinach, kale, beet greens, swiss chard, asparagus, broccoli, garbanzo beans (chickpeas), sunflower seeds, liver, peanuts
	Vitamin A	Egg yolks, whole milk, cream, butter, cod liver oil, carrots, butternut squash, cantaloupe
	Vitamin B1 (thiamin)	Wheat germ, wheat bran, brewer's yeast, brown rice, black-strap molasses, pistachios, sunflower seeds, macadamia nuts, pecans
	Vitamin B2 (riboflavin)	Brewer's yeast, beef liver, oily fish (trout, herring, eel, shad), almonds, cheese (Roquefort, brie, limburger), sun-dried tomatoes
	Vitamin B3 (niacin)	Liver and other organ meats, poultry, peanuts, tuna, salmon, halibut, veal, sun-dried tomatoes
	Vitamin B5 (pantothenate)	Organ meats, brewer's yeast, fish, chicken, sweet potatoes, cheese, mushrooms, avocado
	Vitamin B6 (pyridoxine)	Organ meats, brewer's yeast, wheat germ, whole grains, sprouted whole wheat, pistachios, garlic (raw), molasses
	Vitamin B12	Meat, egg yolks, organ meats, seafood (clams, mussels, oysters, octopus), fermented foods (tempeh, miso), lamb
	Vitamin C	Oranges, lemons, limes, grapefruits, strawberries, raspberries, blackberries, peppers, guava, broccoli, cauliflower, brussels sprouts, papaya
	Vitamin D	Cod liver oil, egg yolks, butter, oily fish (mackerel, salmon, sardines), fortified cereals, fortified dairy, salami, ham, sausages
	Vitamin E	Egg yolks, milk fat, liver, oils extracted from nuts or seeds, red palm oil, cooked spinach
	Vitamin K	Milk products, egg yolks, cod liver oil, green leafy vegetables (kale, broccoli, kelp, alfalfa), prunes
Minerals	Calcium	Milk, cheese, sardines (with bones), salmon (with bones)
	Copper	Buckwheat, seafood, liver and other organ meats, sesame seeds, cocoa powder and chocolate
	Iodine	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, fish
	Potassium	White beans, spinach, acorn squash, kale, yogurt, bananas, asparagus, mushroom, sweet potato, parsley, avocado
	Selenium	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)
	Zinc	Brewer's yeast, dark meat, kelp, eggs, mushrooms, oysters, roasted pumpkin and squash seeds, dark chocolate