

Food Sources of Essential Vitamins

Value per 100g (listed from highest to lowest)

Vitamin A	Liver (beef, lamb and chicken), ghee, eggs, dairy products, fish liver oil , green, red, orange and yellow fruit and veg (e.g. kale, butternut squash, tomato, rocket, dried apricot, watercress, silverbeet, pumpkin, cabbage, lettuce, onion, mango, cantaloupe, bok choy, broccoli, endive, green peas, passionfruit, mandarin, zucchini, capsicum, leeks), pumpkin seeds, cashews, seaweed (nori, dried), herbs and spices.
Vitamin B1	Seeds (esp. sunflower, flax, sesame / tahini, poppy, chia, pine nuts), pork, bacon, nuts (esp. peanuts, cashews, brazil, pistachio, pecans, hazelnuts, walnuts) , chickpeas, beans, lentils, chickpea flour, tuna, salmon, lamb, oats, brown rice, cumin.
Vitamin B2	Lamb liver, chicken liver, maple syrup, almond meal, kangaroo, egg, chicken, miso , nuts (esp. brazil, pistachios, cashews, pecans, walnuts), lamb, anchovies, oysters, fresh broad beans, sardines, parsley, seeds (esp. pine nuts, sunflower, sesame / tahini), milk, cheese, salmon, basil, beef, broccoli, veal, mackerel, seaweed (nori, dried), bok choy, spinach, trout, ginger, watercress, brussels sprouts, red cabbage, celeriac, kale, yoghurt.
Vitamin B3	Peanuts, pork, chicken, bacon, salmon, tuna , seaweed (nori, dried), veal, anchovies, turkey, lamb, sardines, mushrooms, duck, buckwheat groats, milk, kangaroo, fish, almonds, pine nuts, dried herbs and spices (esp. paprika, ginger, cumin, thyme).
Vitamin B5	Lamb, chicken liver, eggs, peanuts, salmon, mushrooms , chicken, cashews, pork, pecans, veal, duck, lamb, split peas, sunflower seeds, avocado, cauliflower, broccoli, parsley, seaweed (nori, dried), eggplant, almond meal, zucchini, parsnip, rocket.
Vitamin B6	Chickpea, tomato paste, eggplant, garlic, cucumber, pistachio nuts , veal, sunflower seeds, chicken liver, bok choy, silverbeet, bacon, salmon, cabbage, nuts (esp. walnuts, cashews, macadamias, brazil, pecans), eggs, red capsicum, kale, sweet potato, brussels sprouts, dried herbs and spices (esp. paprika, chilli, turmeric, rosemary, ginger).
Vitamin B12	Lamb liver, mussels, octopus, chicken liver, oysters, sardines , egg (yolk), beef, lamb, veal, trout, kangaroo, mackerel, barramundi, cheese (esp. cottage cheese), milk, yoghurt, prawns.
Folate	Chicken liver, seaweed (nori, dried), lamb, mung beans, chinese cabbage, watercress , dried split peas, peanuts, spinach, chickpea flour, rocket, broccoli, endive, kale (raw), red kidney beans, eggs, sprouts, hazelnuts, beetroot (raw), chicory, asparagus, seeds (esp. sunflower, sesame/ tahini, flax, poppy), salmon, avocado, lentils, fresh herbs (esp. dill, mint, rosemary, chives), thyme (dried, ground).
Biotin	Nuts (esp. peanuts, hazelnuts, almonds, pistachios, pecans, cashews, walnuts, macadamias), seeds (esp. sunflower, sesame / tahini), eggs, mushrooms, broccoli, pork , chickpea flour, snow peas, sprouts, coconut, avocado, raspberries, cocoa powder, dark chocolate, asparagus, milk, snapper, chicken.
Essential fats	Oily fish – salmon, mackerel, anchovy, sardines, herring (fresh or canned – although ideally fresh) , avocado, nuts and seeds (walnuts, hemp, chia, flaxseed, sunflower, pumpkin). Walnut oil for salads.
Vitamin C	Lime, seaweed (nori, dried), guava, red chilli (raw), red capsicum, parsley, lemon, kale (raw), broccoli, brussels sprouts, kiwifruit , watercress, cabbage, green capsicum, melon, dill (fresh, raw), orange, lychee, snow peas, coriander, goji berry (dried), strawberries, cumquat.
Vitamin D	Egg (yolk), barramundi, salmon, chicken, anchovies , pork, sardines, turkey, beef, mushrooms, cottage cheese.
Vitamin E	Nuts (esp. almonds, hazelnuts, peanuts), seeds (esp. sunflower, pine nuts), olive oil, macadamia oil, egg (yolk), seaweed (nori, dried) , eggplant, red capsicum, coriander, dried herbs and spices (esp. chilli, paprika, oregano).
Vitamin K	Butter, cauliflower, brussels sprouts, lettuce, cabbage, beans, broccoli , peas, watercress, asparagus, potatoes, tomatoes, egg yolks, milk, honey, soya beans, yogurt, hazelnuts, kelp, liver, natto.

Source: [Browse Food by Nutrients \(foodstandards.gov.au\)](https://www.foodstandards.gov.au/food/browse/foodbynutrients)

Food Sources of Essential Minerals

Value per 100g (listed from highest to lowest)

Calcium	Sardines, seeds (esp. chia, sesame, flaxseeds), tahini, tofu, cheese (such as parmesan, cheddar, halloumi, feta), seaweed (nori, dried), almonds, basil, oysters, rocket, goji berry (dried), salmon (canned with bones), kale, cabbage, bok choy, spinach, watercress, silverbeet, fresh herbs (esp. rosemary, basil, mint, parsley, dill, coriander, chives), dried herbs and spices (esp. oregano, rosemary, cinnamon, cumin, chilli, cardamom, paprika), psyllium husk (uncooked).
Chromium	Trout, seaweed (nori, dried), potato, baby spinach, almonds, salmon, chicken, apples, parsley, broccoli, olive oil, pears, rocket, carrot, lettuce, psyllium husk (uncooked).
Iodine	Seaweed, mussels, oysters, scallops, egg (yolk), miso, oats, sardines, goats cheese (firm), dairy products, salmon (canned with bones), butter beans.
Iron	Seaweed (nori, dried), chicken and lamb liver, seeds (esp. pumpkin, poppy, chia, flax, sesame/ tahini), parsley, red lentils, cashews, lamb, egg (yolk), kangaroo, beef, spinach, watercress, garlic, silverbeet, bok choy, dried apricots, dried dates, dried herbs and spices (esp. thyme, cumin, turmeric, oregano, fenugreek, rosemary, sage, paprika, ginger, chilli, and cinnamon), cocoa powder, psyllium husk (uncooked).
Magnesium	Nuts (brazil, almonds, cashews, peanuts, walnuts, pecans), seeds (esp. pumpkin, flax, sunflower, poppy, chia, sesame / tahini, pine nuts), seaweed, buckwheat groats, mung beans, chickpea flour, cocoa powder, dark chocolate, spinach, rocket, shallots, garlic, dried fruit (esp. fig, apricots, dates), ginger, beetroot, red chilli, bananas, parsnip, fresh herbs (esp. parsley, mint, dill and basil), dried herbs and spices (esp. cardamom, black pepper, cumin, rosemary, thyme, ginger, turmeric),.
Manganese	Lobster, nuts and seeds (esp. macadamia, pecans, hazelnuts, walnuts, almonds, peanuts, cashews), sunflower seeds, trout, salmon, coconut, brown rice, parsley, silverbeet, cocoa powder, dark chocolate.
Potassium	Seaweed (nori, dried), parsley, dried fruit (esp. apricots, sultanas, currants, fig, dates, prunes), pistachios, garlic, seeds (esp. pumpkin, flaxseeds, sunflower, chia), mushrooms, baby spinach, jerusalem artichoke, coriander, parsnip, kale, avocado, cabbage, butternut pumpkin, bananas, cocoa powder, dried herbs and spices (esp. paprika, turmeric, chilli, cumin, black pepper, ginger), psyllium husk (uncooked).
Selenium	Brazil nuts, mustard powder, sardines, mussels, fish (such as whiting, tuna, blue grenadier, anchovies, flathead), squid, chickpea flour (besan), egg (yolk), oysters, ground ginger, chia seeds, chicken liver, lamb liver, mushrooms, garlic, seaweed (nori, dried), cottage cheese, cashews, peanuts, coconut.
Zinc	Oysters, lamb shank, beef, veal, kangaroo, nuts (esp. cashews, almonds, peanuts), seeds (esp. poppy, pumpkin, sunflower, sesame/ tahini, pine nuts), seaweed (nori, dried), egg (yolk), cocoa powder, buckwheat groats, oats, garlic, zucchini, beetroot, jackfruit (raw), passionfruit, prunes, baby spinach, broccoli, fresh herbs, (esp. basil, parsley, rosemary, dill), dried spices (esp. cardamom, cumin, turmeric).

Source: [Browse Food by Nutrients \(foodstandards.gov.au\)](https://www.foodstandards.gov.au)