

Nutritional Chart

MACRO NUTRIENTS <i>general food classification</i>			
PROTEINS <i>Source of materials for growth and repair</i>	FATS <i>Source of energy and fat soluble vitamins</i>	CARBOHYDRATES <i>Source of energy</i>	FIBRES <i>help intenstines function correctly</i>
Animal products Tofu Rice Beans Peas Lentils Wholegrains Soy Milk & Cereals Tahini & Chickpeas Beansprouts & Wholegrains	Linseed Oil (Flaxseed Oil) Hempseeds Green Leafy Vegetables Tofu Nuts and Nut oils Avocado Olive Oil	Wholegrains Rice Wholemeal Bread Potatoes Beans Peas Lentils Cereals Oats Pasta	Wholegrains Nuts Beans Peas Lentils Wheatgerm Oats Fruit Vegetables

VITAMINS <i>required in small quantities to ensure health</i>															
A		C		D		E		K							
Liver Carrots Broccoli Sweet Potato Leafy vegetables Spinach Pumpkin Squash		Chili Pepper Paprika Blackcurrant Kiwi fruit Broccoli Citrus fruits		Sunlight Portabella Shiitake Alfaalfa Fish liver oil Fatty fish Fortified products		Wheat germ oil Sunflower oil Nuts & seeds Green leafy vegetables Avocado Asparagus Kiwi fruit Broccoli Pumpkin		Green leafy vegetables Kale Spinach Turnip Broccoli Brussel sprouts Cabbage Asparagus Seaweeds							
B Group															
B1		B2		B3		B5		B6		B7		B9		B12	
Pork Yeast extract Oatmeal Brown rice Vegetables Potatoes Liver Eggs		Dairy products Bananas Popcorn Green beans Asparagus		Meat Fish Eggs Most vegetables Mushrooms Tree nuts		Meat Broccoli Avocados		Meat Fish Vegetables Nuts Bananas		Raw egg yolk Liver Peanuts Almonds Leafy vegetables Corn		Leafy vegetables Pasta Bread Cereal Liver		Meat Animal products Liver Crab Shellfish Asparagus Yeast extract Fortified Products	

MINERALS <i>required for healthy teeth, bones and muscles</i>				
IRON	CALCIUM	ZINC	IODINE	MAGNESIUM
Shellfish Liver Cuttlefish Soybeans Lentils Beans Broccoli Kale	Fish Milk and Milk products Soy beans & Tofu Fortified Soy drinks Figs Almonds Brazil nuts Sesame seeds & Tahini Broccoli Watercress Kale	Oysters Wheat Germ Liver Meat Crustaceans Milk Cashews Almonds	Seaweed Fish Crustaceans Milk	Green Vegetables Nuts & seeds Dark Chocolate Soybeans

