

VITAMINS & THEIR FOOD SOURCES

VITAMIN D

Vitamin D is the only nutrient your body produces when exposed to sunlight. You can also consume vitamin D, but it is not naturally present in a lot of foods.

Below are some of the food sources for Vitamin D

- Salmon
- Herring & Sardines
- Cod Liver Oil
- Canned Tuna
- Egg Yolks
- Mushrooms

Foods such as cow's milk, soy milk, orange juice, cereals, and oatmeal are sometimes fortified with vitamin D.

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VITAMIN B COMPLEX

One of the functions of the B vitamins is to help your body metabolize carbohydrates, proteins, and fats, and to use the stored energy in food. The B vitamins play a role in maintaining good health.

Below are some of the food sources for Vitamin B's

- Milk
- Cheese
- Eggs
- Liver & Kidney
- Meat
- Fish
- Shellfish
- Leafy Greens
- Avocado
- Whole grains
- Beans, black beans
- Other Legumes
- Chickpeas
- Nuts & Seeds
- Citrus Fruits
- Wheat Germ
- Yeast
- Fortified Cereals

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ZINC

Helps the body metabolize insulin and glucose. Zinc also plays important role in the formation of insulin crystals, release of insulin and transport of insulin. Zinc plays many other roles in the body.

Below are some of the food sources for Zinc.

- Red Meat
- Shellfish
- Legumes
- Seeds
- Nuts
- Dairy
- Eggs
- Whole Grains
- Dark Chocolate
- Potato
- Sweet Potato
- Oysters
- Chicken
- Pork
- Lentils
- Pork

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L-GLUTAMINE

Glutamine is naturally found in a variety of foods. The largest amounts are found in animal products due to their high protein contents.

Good sources of L-glutamine can be found in certain foods, including:

- chicken
- fish
- cabbage
- spinach
- dairy
- tofu
- lentils
- beans
- beets
- peas

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MAGNESIUM

Regulates glucose and insulin levels, as well as the neurotransmitter dopamine. A deficiency might cause sugar cravings, especially for chocolate. Many other roles and benefits.

Good sources of Magnesium can be found in certain foods, including:

- Dark Chocolate
- Avocados
- Nuts
- Legumes
- Tofu
- Seeds
- Whole Grains
- Some Fatty Fish
- Bananas
- Leafy Greens