

Macronutrient Food Sources

MINERALS

Calcium	Cheese (swiss and cheddar), nuts (esp. almonds), brewer's yeast, parsley, corn tortillas, globe artichokes, prunes, seeds (esp. pumpkin), cooked dried beans, cabbage, molasses, eggs, canned fish with bones (esp. salmon), root vegetables.
Chromium	Brewer's yeast, wholemeal bread, rye bread, oysters, potatoes, wheatgerm, green peppers, eggs, chicken, apples, parsnips, cornmeal, lamb, Swiss cheese, blackstrap molasses, nuts, honey, thyme.
Iron	Seeds (esp. pumpkin and sesame), parsley, nuts (esp. almonds, cashews, brazils, walnuts, pecans), prunes, raisins, dates, cooked dried beans, shellfish, fish (esp. sardines), lean red meat, turkey, cocoa, leafy green vegetables.
Magnesium	Rye, wild rice, green leafy vegetables (spinach, lettuce, chard, kale and spring greens), nuts and seeds (pumpkin, sesame, sunflower, pistachio, cashew, almonds, peanuts, hazelnuts, Brazil nuts, pecans, coconut), pulses and beans (lentils, lima beans, kidney beans, soya beans), bananas, avocados, garlic, prunes, dates, buckwheat and halibut.
Manganese	Watercress, pineapple, okra, endive, blackberries, raspberries, lettuce, grapes, lima beans, strawberries, oats, root vegetables (esp. beetroot), celery, eggs, nuts, wholemeal bread, fish, meats.
Potassium	Watercress, endive, cabbage, celery, parsley, courgettes, fish, pumpkin, radishes, cauliflower, mushrooms, potatoes, molasses, dried fruit (esp. apricots), bananas, sunflower seeds, wholegrains.
Selenium	Tuna, oysters, molasses, mushrooms, cottage cheese, herrings, cabbage, beef liver, courgettes, cod, chicken, nuts (esp. Brazil), onions, garlic.
Zinc	Seafood, shrimps, shellfish (esp. oysters), haddock, canned fish, ginger, lean red meat (esp. lamb), nuts (esp. pecans, Brazils, almonds, peanuts), peas, turnips, egg yolk, whole wheat, rye, oats, seeds (esp. pumpkin), rice, lentils, pulses, molasses.