

## Important Minerals and Vitamins in your diet

### Minerals:

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|-------------|--|
| CALCIUM     | Sesame seeds, leafy greens, brazil & pistachio nuts, chick peas, white pinto beans, figs, dates, prunes and raisins.   |
| CHLORINE    | Ripe tomatoes, celery, kelp, spinach, cabbage, lettuce, radish, eggplant, cucumber, avocado, watercress, dates, coconut.   |
| IRON        | Kelp, brown rice, whole wheat, wheat germ, (pumpkin seeds, sunflower seeds, sesame seeds) soy beans, lentils, parsley, dried peaches, apricots, prunes, almonds.   |
| MAGNESIUM   | Kelp, whole wheat, wheat germ, almonds, cashews and brazil nuts, pecans and peanuts, soy beans, sesame seeds.  |
| PHOSPHOROUS | Brown rice, whole wheat, wheat germ, (pumpkin seeds, Sunflower & safflower seeds, sesame seeds), brazil and pistachio nuts, almonds, walnuts, lentils, peanuts, mung beans.  |
| POTASSIUM   | Kelp, soy bean, brown rice, bananas, lentils, dried peaches, apricots and prunes, pistachios, chestnuts, almond and brazil nuts, raisins, parsley, sesame seeds, peanuts, dates, figs, watercress, bamboo shoots, garlic, mushrooms, potatoes. |
| SILICA      | Lettuce, parsnip, asparagus, dandelion, brown rice, horseradish, onions, spinach, cucumber, strawberries, oats, barley.  |
| SODIUM      | Kelp, green olives, leafy green vegetables, sesame & sunflower seeds, watercress, turnips and carrots, artichokes, figs, apples, raisins, dried apricots, cabbage, coconut.  |
| SULPHUR     | Watercress, brussel sprouts, horseradish, cabbage, turnips, parsnips, cauliflower, raspberries, kelp, leeks, leafy green vegetables, green peas, asparagus, Avocado, black currants, tomato, eggplant, garlic, onions, brazil nuts.            |

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### Vitamins:

|                           |  |
|---------------------------|--|
| B1 (THIAMINE)             | Brewer's yeast, rice, bran, wheat germ, millet, wheat, lima beans, soy beans, sunflower seeds, peanuts, liver, kidney, fish.   |
| B2 (RIBOFLAVINE)          | Brewer's yeast, peppers, almonds, wheat germ, wild rice, mushrooms, safflower seeds, chick peas, dried prunes, soy beans, kidney, eggs, wholegrains, liver, milk, leafy green vegetable. |
| B3 (NIACINAMIDE)          | Brewer's yeast, rice bran, rice polish, wheat germ, peanut liver.  |
| B5 (CALCIUM PANTOTHENATE) | Brewers Yeast, wheat germ, wholegrain breads, cereals, peanuts, legumes. Some is present in green vegetables and eggs.   |
| B6 (PYRIDOXINE)           | Wheat germ, yeast, corn oil, cabbage, oranges, lemons, wholegrain cereals, vegetables, malt, bananas, molasses.  |
| B12 (CYANOCOBALAMIN)      | Kidney, milk, liver, yeast, egg yolk, cheese, meat, oysters..  |