

Nutrient Sources

Highest Food Sources

(Figures immediately after food indicate content)

Alanine: in Mgs per 100 g Food. Aids metabolism of glucose. In excess associated with Epstein-Barr virus and chronic fatigue and low levels of tyrosine and phenylalanine. Beta-alanine constituent of pantothenic acid (B5) and co-enzyme A. Gelatine 9270, Wheat Germ 2140, Mackerel, 1880, Halibut 1770, Beef, sirloin steak 1720, Soya flour, full fat 1680, Salmon, flesh 1670, Chicken liver 1640, Caviar 1630, Beef rump 1620, Chicken Breasts 1610, Tuna, flesh 1610, Horse mackerel 1560, Mullet 1550, Trout, 1550, Pike, river 1540, Catfish 1540, Soya beans, 1530, Pork muscles only 1530, Herring 1520, Pork chops 1510, Lemon sole 1470, Pork liver 1460, Mutton 1440, Chicken for roasting 1440, Beef, liver 1440, Calf's liver 1430, Cod, 1420, Eel, 1400, Sole, fish 1340, Millet 1340, Pork, Hind leg 1330, Ham 1320, Milk, dried skimmed 1250, Perch, river 1250, Flounder, fish 1240, Lima Beans, dry 1210, Parmesan Cheese 1190, Lobster, Crawfish, 1180, Kidneys, beef 1180, Hake 1140, Lobster, Crawfish, 1120, Sheep's liver 1120, Cowpeas, dry 1080, Wheat Bran 1070, Egg yolk 1030, Sheep's kidney 1010, Mungo beans, Black 990, Camembert cheese 930, Brie Cheese 910, Edam Cheese 30% fat 900, Walnuts, 900, Whole egg 890, Eggs 890, Oatmeal 880, Egg White 830, Egg Yolk, dried 830, Peanuts 810, Peanuts, roasted 810, Corn flakes 800, Oats, rolled 790, Maize, whole grain 790, Gouda cheese 45% fat 780, Cheddar cheese 760, Oysters 750, White Beans, 740, Blue Cheese 730, Oats, without husk, whole grain 720, Buckwheat flour 610, Barley, without husk 560, Buckwheat 560, Rice, unpolished 550, Wheat whole grain 510, Rice, polished 500, Peas, seed, dry 480, Wheat flour type 630 400, Bread rolls, wheat 320, Parsley leaf 314, Potato dumpling 310, Potato soup 270, Avocados 175, Yoghurt, Milk 170, Yoghurt, reduced fat 160, Figs, dried 160, Leeks 155, Green Peas (fresh) 140, Peas in pod 140, Skim milk, 140, Cow's milk 130, Buttermilk, 130, Bamboo shoots 120, Potatoes 110, Parsley Root 98, Raisins, Dried Grape, Sultanas 91, Peaches, canned 82, Parsnips 67, Human Milk 56, Horseradish 49, Cucumber 45, Strawberries 44, Mandarins 43, Lemon 41, Peaches 39, Oranges 29, Butter 28, Tomato 26, Sweet cherries 24, Grapefruit Juice, fresh original 21, Tomato juice 20, Grapefruit 20, Rhubarb 18, Orange juice, unsweetened product 15, Apple 15, Apples 15, Apple juice 3, ,

Aluminium: in Mcg Food 100g,

Considered a toxin and suspected to contribute to Alzheimer's disease. Contained in drinking water, aluminium cookware, antacids, antidiarrheal preparations, buffered aspirin, aluminium-coated waxed containers, deodorants, douches, food additives, shampoos.

Lettuce 780, Mushroom, cultivated 540, Oyster mushrooms 500, Bream 175, Barley, without husk 160, Black tea 130, Potatoes 113, Strawberries 110, Apple 65.66, Apples 65.66, Coffee powder 64, Cow's milk 46, Pears 37, White cabbage 34.080, Radishes 20, Leeks 16, Cod, 8.6, Green Peppers, Paprika 7.97, Beef, liver 6.8, Beef, liver 6.25, Kidneys, beef 6.25, Pork muscle only 3.18, Peaches 2.9, Pork liver 2.8, Mackerel 2.7, Milk, skimmed 2, Garlic 1.8, Garlic, cloves 1.8, Tomato 1.8

Arginine: Retards growth of tumours by enhancing immune system. Precursor of nitric oxide, hence vasodilation, useful in angina pectoris. Increases size of thymus hence T lymphocytes, helps AIDS victims, cirrhosis of liver, liver detoxification, neutralizing ammonia, functions as a vasodilation in hyperglycaemia, sexual

Nutrient Sources

maturation, male sterility, high in connective tissues, muscle metabolism hence useful in obesity, helps excretion of excess nitrogen, helps increase insulin release, component in pituitary gland hormone, vasopressin, growth hormones, component of collagen builds new bone end tendons, helps arthritis. But those with viral infections such as *herpes* should not take supplemental arginine. L-arginine to be avoided in pregnancy and lactation and in schizophrenia. Long term use not recommended. Large doses may thicken skin.

Arginine: in Mgs per 100g food: Gelatine 7450, Peas, seed, dry 3710, Peanuts 3460, Peanuts, roasted 3460, Peanuts (roasted), 3296, Peanut butter, 3198, Soya flour, full fat 3140, Almonds, roasted 2750, Soya beans, 2360, Wheat Germ 2310, Sunflower seeds, 2200, Brewer's Yeast (GTF) 2180, Wheat germ, 2140, Brazil Nuts 2120, Brazils, 2120, Mungo beans, Black 2080, Cowpeas, dry 2040, Hazelnuts 2030, Walnuts, 2029, Cashews 1980, Caviar 1770, Blue Cheese 1650, Beef, sirloin steak 1550, Chicken Breasts 1550, Pork muscles only 1530, poultry, turkey, 1513, Chicken breasts, 1513, Pork chops 1500, White Beans 1490, Chick-peas, dry 1480, Pike, river 1480, Salami, Sausage 1460, Beef rump 1460, Mutton 1440, Chicken liver 1420, Turkey, young with skin 1410, Trout, 1400, Chicken for roasting 1390, Lima Beans, dry 1390, Halibut 1370, Mullet 1360, Pork liver 1360, Sardines in oil 1330, Salmon, flesh 1330, Parmesan Cheese 1330, Horse mackerel 1320, Lobster, Crawfish, 1320, Sardines 1310, Haddock, raw 1310, Pork, Hind leg 1310, Beef, liver 1300, Lobster, Crawfish, 1300, Milk, dried skimmed 1280, Egg yolk 1280, veal, 1270, Beef (roast), 1257, Tuna, flesh 1250, Tuna in oil 1240, Pistachios, 1240, Perch, river 1240, Wheat Bran 1230, Buckwheat flour 1220, Turkey, adult animal with skin 1210, Calf's liver 1210, Cod, 1210, Ham 1200, Lemon sole 1190, Pecans, 1185, Herring 1180, Lamb (leg), 1172, Rabbit meat 1170, Chicken (breasts), 1170, Salmon, canned 1160, Mackerel, 1160, Flounder, fish 1160, Calf liver (fried), 1158, Sole, fish 1140, Salmon, canned pink, 1138, Sheep's liver 1120, Eel, 1100, Kidneys, beef 1100, Hake 1070, Green Peas (fresh) 1060, Peas in pod 1060, Halibut, 1048, Calf's kidney 1040, Liverwurst, 1034, Edam Cheese 30% fat 1030, Herring, vinegar cured 1020, Catfish 1010, Pork, (loin), 1005, Liverwurst, Liver sausage 987, Sausage, liver 987, Gouda cheese 45% fat 980, Eel, smoked 970, Lamb (rib), 970, Buckwheat 970, Oatmeal 950, Oatmeal, rolled oats, 935, Pork, ham, 931, Fresh raw cod, 929, Camembert cheese 900, Cheddar cheese 900, Whole egg 890, Eggs 890, Oats, rolled 870, Oats, without husk, whole grain 850, Cheddar cheese, 847, boiled egg , 840, Cottage cheese, 802, Brie Cheese 780, Egg White 680, Egg Yolk, dried 680, Oysters 680, pork, cured, bacon medium fat, 622, Wheat whole grain 620, Horseradish 607, Rice, unpolished 600, Crayfish, Small lobster 570, Rice, polished 570, Barley, without husk 560, Potato dumpling 550, Coconut 490, Potato soup 460, Brown rice , 438, Wheat flour type 630 430, Maize, whole grain 420, Millet 370, Beans, red kidney, canned, 343, Green peas, canned 340, Raisins, Dried Grape, Sultanas 305, Corn flour 300, Kale 300, Bread rolls, wheat 290, Brussels Sprout 280, Corn flakes 240, Cornflakes, 231, Grapes, dried 205, Broccoli 190, Parsley leaf 172, Buttermilk, 170, Sweet corn 160, Onions 160, Yoghurt (part skimmed), 140, Yoghurt, Milk 140, Parsnips 139, Milk, Goat's 130, Spinach, fresh 130, Yoghurt, reduced fat 130, Skim milk, 130, Cow's milk 130, Kohlrabi 120, Potato 120, Mushrooms, canned 120, Potatoes 120, Leeks 116, Asparagus 110, Red cabbage 110, Spinach, canned 110, Asparagus, canned 110, Cauliflower 110, Cauliflower, 110, Carrots , 110, Asparagus (canned), 106, Parsley Root 104, White cabbage 100, Celery 100, Beans, French beans, String Beans 100, Bamboo shoots 92, Figs, dried 90, Lamb's lettuce 88, Potato (baked with skin), 84, Oranges 73, Lettuce 62, Avocados 60, Banana, 54, Bananas 54, French beans, canned 51, Human Milk 51, Water cress 50, Mandarins 44, Orange juice, unsweetened product 44, Lemon 42, Carrots 41, Carrots (cooked), 41, Dates, dried 40, Peaches, canned

Nutrient Sources

40, Grapefruit Juice, fresh original 40, Grapefruit 40, Pumpkin 39, Strawberries 37, Beetroot 27, Whey 27, Butter 25, Green Peppers, Paprika 23, Rhubarb 20, Tomato 18, Peaches 17, Sweet cherries 14, Tomato juice 14, Apple 8, Apples 8, Apple juice 2

Arginine: & Lysine: composition of foods. First figure behind nutrient represents arginine, the second lysine. *Avoid high Arginine/Lysine ratio in Herpes infection.*

Food 100g, ARG in Mg, LYS in Mg

Gelatine 7450, 3800, Peas, seed, dry 3710, 2130, Peanuts 3460, 1100, Peanuts, roasted 3460, 110, Peanuts (roasted), 3296, 1080, Peanut butter, 3198, 1066, Soya flour, full fat 3140, 2560, Almonds, roasted 2750, 580, Soya beans, 2360, 1900, Wheat Germ 2310, 1900, Sunflower seeds, 2200, 890, Brewer's Yeast (GTF) 2180, 3540, Wheat germ, 2140, 1900, Brazil Nuts 2120, 420, Brazils, 2120, 420, Mungo beans, Black 2080, 2080, Cowpeas, dry 2040, 1570, Hazelnuts 2030, 380, Walnuts, 2029, 440, Cashews 1980, 750, Caviar 1770, 2070, Blue Cheese 1650, 2380, Chicken Breasts 1550, 2270, Beef, sirloin steak 1550, 2170, Pork muscles only 1530, 2200, poultry, turkey, 1513, 2173, Chicken breasts, 1513, 1851.955 Pork chops 1500, 2160, White Beans 1490, 1870, Chick-peas, dry 1480, 1370, Pike, river 1480, 215, Beef rump 1460, 2050, Salami, Sausage 1460, 1690, Mutton 1440, 2000, Chicken liver 1420, 1960, Turkey, young with skin 1410, 2030, Trout, 1400, 2020, Chicken for roasting 1390, 2040, Lima Beans, dry 1390, 1470, Halibut 1370, 1560, Mullet 1360, 2040, Pork liver 1360, 1830, Parmesan Cheese 1330, 2980, Sardines in oil 1330, 2240, Salmon, flesh 1330, 2020, Lobster, Crawfish, 1320, 1990, Horse mackerel 1320, 1800, Sardines 1310, 2280, Haddock, raw 1310, 1930, Pork, Hind leg 1310, 1900, Beef, liver 1300, 1750, Beef, liver 1300, 1750, Lobster, Crawfish, 1300, 1690, Milk, dried skimmed 1280, 2720, Egg yolk 1280, 1300, veal, 1270, 1629, Beef (roast), 1257, 1847.460 Tuna, flesh 1250, 2210, Perch, river 1240, 2190, Pistachios, 1240, 2190, Tuna in oil 1240, 1980, Wheat Bran 1230, 720, Buckwheat flour 1220, 770, Cod, 1210, 2050, Liver, calf 1210, 1740, Turkey, adult animal with skin 1210, 1740, Ham 1200, 1870, Lemon sole 1190, 1840, Pecans, 1185, 435, Herring 1180, 1750, Lamb (leg), 1172, 1457, Rabbit meat 1170, 1810, Chicken (breasts), 1170, 1630, Flounder, fish 1160, 1820, Mackerel, 1160, 1730, Salmon, canned 1160, 1200, Calf liver (fried), 1158, 447, Sole, fish 1140, 1860, Salmon, canned pink, 1138, 1771, Sheep's liver 1120, 1800, Kidneys, beef 1100, 1410, Eel, 1100, 1360, Hake 1070, 1560, Green Peas (fresh) 1060, 610, Peas in pod 1060, 610, Halibut, 1048, 1631, Calf's kidney 1040, 1210, Liverwurst, 1034, 1301, Edam Cheese 30% fat 1030, 2390, Herring, vinegar cured 1020, 1510, Catfish 1010, 1560, Pork, (loin), 1005, 1346, Liverwurst, Liver sausage 987, 1240, Sausage, liver 987, 1240, Gouda cheese 45% fat 980, 2790, Eel, smoked 970, 1340, Lamb (rib), 970, 1206, Buckwheat 970, 580, Oatmeal 950, 580, Oatmeal, rolled oats, 935, 521, Pork, ham, 931, 1248, Fresh raw cod, 929, 1447, Cheddar cheese 900, 2070, Camembert cheese 900, 1900, Whole egg 890, 890, Eggs 890, 890, Oats, rolled 870, 500, Oats, without husk, whole grain 850, 550, Cheddar cheese, 847, 1702, boiled egg , 840, 812, Cottage cheese, 802, 1428, Brie Cheese 780, 1960, Egg White 680, 740, Egg Yolk, dried 680, 740, Oysters 680, 720, pork, cured, bacon medium fat, 622, 587, Wheat whole grain 620, 380, Horseradish 607, 81, Rice, unpolished 600, 300, Crayfish, Small lobster 570, 850, Rice, polished 570, 290, Barley, without husk 560, 380, Potato dumpling 550, 570, Coconut 490, 150, Potato soup 460, 510, Brown rice , 438, 293.680 Wheat flour type 630 430, 260, Maize, whole grain 420, 290, Millet 370, 280, Beans, red kidney, canned, 343, 423, Green peas, canned 340, 230, Raisins, Dried Grape, Sultanas 305, 71, Kale 300, 240, Corn flour 300, 240, Bread rolls, wheat 290, 190, Brussels Sprout 280, 250, Corn flakes 240, 180, Cornflakes, 231, 154, Grapes, dried 205, 71, Broccoli 190, 150, Parsley leaf

Nutrient Sources

172, 280, Buttermilk, 170, 330, Sweet corn 160, 130, Onions 160, 57, Yoghurt (part skimmed), 140, 310, Yoghurt, Milk 140, 310, Parsnips 139, 78, Milk, Goat's 130, 340, Cow's milk 130, 280, Yoghurt, reduced fat 130, 280, Skim milk, 130, 270, Spinach, fresh 130, 160, Mushrooms, canned 120, 140, Potato 120, 130, Potatoes 120, 130, Kohlrabi 120, 64, Leeks 116, 139, Spinach, canned 110, 140, Cauliflower 110, 140, Cauliflower, 110, 134, Asparagus 110, 89, Asparagus, canned 110, 89, Red cabbage 110, 71, Carrots , 110, 52, Asparagus (canned), 106, 89, Parsley Root 104, 113, Beans, French beans, String Beans 100, 140, White cabbage 100, 65, Celery 100, 19, Bamboo shoots 92, 128, Figs, dried 90, 140, Lamb's lettuce 88, 110, Potato (baked with skin), 84, 138, Oranges 73, 39, Lettuce 62, 70, Avocados 60, 155, Banana, 54, 57, Bananas 54, 57, Human Milk 51, 86, French beans, canned 51, 66, Water cress 50, 9, Mandarins 44, 36, Orange juice, unsweetened l product 44, 8.800 Lemon 42, 35, Carrots 41, 47, Carrots (cooked), 41, 47, Peaches, canned 40, 65, Dates, dried 40, 44, Dates, dried 40, 44, Grapefruit 40, 19, Grapefruit Juice, fresh original 40, 19, Pumpkin 39, 53, Strawberries 37, 34, Beetroot 27, 82, Whey 27, 79, Butter 25, 54, Green Peppers, Paprika 23, 50, Rhubarb 20, 25, Tomato 18, 29, Peaches 17, 29, Sweet cherries 14, 31, Tomato juice 14, 23, Apple 8, 15, Apples 8, 15, Apple juice 2, 5,

Beta Carotene: Mcg per Food100g,

Apricots, dried 34600, Palm oil 21300, Carrots, boiled 12000, Carrots 7790, Carrots, young 7000, Parsley 7000, Chilli sauce 5735, Rose hips 4800, Spinach, fresh 4690, Spinach, New Zealand 4690, Spinach 4690, Sweet potatoes 4000, Soybean Oil, refined 3500, Watercress 3000, Celery 2900, Winter Squash 2290, Endive 2000, Peaches (dried) 2000, Bolognais sauce 1940, Beef, sirloin steak 1600, Apricots 1570, French beans, dried 1500, Pumpkins 1500, Lettuce 1440, Tomato puree 1240, Tomato sauce 1230, Cantaloupe, Rock Melon, Rockmelon 1180, Mangos 1160, Maize, whole grain 923, Broccoli 846, Prunes 830, Appricots, canned 736, Margarine (salted) 650, Passion Fruit, Passionfruit 596, Pumpkin 582, Tomato juice 540, Green Peppers, Paprika 535, Asparagus, boiled drained 516, Tomato 506, Brussels Sprout 447, Green Peas (fresh) 424, Peas in pod 424, White Beans 400, Cucumber 393, Butter 380, Soya beans, 380, Plums 366, Elderberries, black 360, Asparagus, canned 350, French beans, String Beans 310, Cheddar Cheese 300, Chives 300, Corn flour 300, Olives, green marinated 280, Blackberries 270, Blackberries, commercial 270, Green peas canned 260, Green peas, canned 260, Watermelon 245, Olive Oil 220, Edam Cheese 30% fat 205, Grapefruit 201, Bananas 200, Kohlrabi 200, Blue Cheese 180, Chick-peas, dry 180, Zucchini, Summer squash 180, Acerola 170, Corn flakes 170, Papayas, Pawpaw, Paw paw 165, Dates, dried 150, Sweet cherries, canned 148, Corn Oil, Maize oil 140, Maize oil, 140, Pistachio Nuts 138, Cheese, Camembert Cheese 135, Peaches, canned 130, Almonds, roasted 120, Cherries 120, Gooseberries 110, Artichoke 100, Boysenberries 100, Brie Cheese 100, Camembert cheese 100, Okra, (Gumbo) 90, Soya flour, full fat 84, Blackcurrants 81, Peas, seed, dry 80, Pecans nut 80, Peaches 78.530, Turnip 72, White cabbage 71.760, Wheat Germ, 62, Rhubarb 61, Cashews 60, Pineapple 60, Plantain 60, Figs, dried 51, Sweet corn 51, Orange Juice, fresh original 50, Walnuts 48, Mandarins 45.170, Apple juice 45, Oranges 44.520, Kiwi Fruit 43, Avocados 42.440, Apple puree 36, Mungo beans, Black 36, Goat's milk 35, Sweet cherries 35, Blueberries, Bilberries, Huckleberries 34.250, Chocolate, Milk chocolate 34, Cassava tuber 30, Raisins, Dried Grape, Sultanas 30, Cowpeas, dry 29.5, Egg Yolk 29, Hazelnuts, Cobnut 29, Apples 26, Sunflower Seed Oil, refined 26, Currants, red 25, Radishes 23, Cranberries, Mountain-cranberries 22, Milk, dried skimmed 21, Horseradish 20, Parsnips 20, Wheat whole grain 20, Piccalilli 18, Pineapple, canned 18, Sauerkraut 18, Yoghurt, Milk 18, Cow's milk 17, Raspberries 16.2, Pears 15.82, Red cabbage

Nutrient Sources

15, Strawberries 14.07, Bamboo shoots 14, Cottage Cheese, 14, Whole egg 13, Eggs 13, Beetroot 11, Egg Yolk, dried 11, Pears, canned 10, Yam tuber 10, Buttermilk 9, Yoghurt, reduced fat 8, Dandelion leaves 7.9, Onions 6.9, Grapefruit Juice, fresh original 6, Wheat Bran 5.5, Parsley leaf 5.41, Potatoes 5.24, Kale 5.17, Water cress 4.15, Lamb's lettuce 3.9, Lemon 3.40, Human milk 3, Orange juice, unsweetened product 2.80, Carrot Juice 2.62, Cress 2.19, Peanuts 2, Barley, without husk 1, Tomatoes, ripe 0.506, Blueberries, canned 0.001, Coconut oil 0.001.

Biotin: in Mcgs per Food 100g,

Gooseberries 500, Yeast, dried Baker's 200, Chicken liver 170, Sheep's liver 130, Liver, lamb 127, Brewer's Yeast (GTF) 115, Liver, pork 100, Beef, liver 100, Liver, beef 96, Calf's kidney 80, Calf's liver 75, Liver, calf 75, Soybean Flour 70, Soybeans 61, Rice Bran 60, Soya beans, 60, Rice Germ 58, Beef, liver 58, Kidneys, beef 58, Rice polishings 57, Egg Yolk 53, Wheat Bran 44, Liver 41, Peanut Butter 39, Peanuts 34, Peanuts, roasted 34, Pecans nut 31, Barley, without husk 31, Smelt (small silvery fish) 30, Grapes, dried 30, Pork liver 27, Whole egg 25, Eggs 25, Oatmeal 24, Sardines 24, Blackeye Peas 21, Oats, rolled 20, Sardines, canned 20, Peas, seed, dry 19, Split Peas 18, Wheat Germ, 17, Whole Wheat cereal 16, Mushrooms 16, Mushroom, cultivated 16, Whole wheat flour 16, Roe, Cod, fried 15, Textured Vegetable Proteins 15, Bran 14, Milk, dried skimmed 14, Lentils 13, Oats, without husk, whole grain 13, Mayonnaise 12, Rice, unpolished 12, Brown Rice 12, Milk (whole dried) 10, Avocados 10, Oysters 10, Pears 10, Salmon, canned 9.4, Sardines in oil 9.1, Mungo beans, Black 7.5, Salmon, flesh 7.4, Calf's heart 7.3, French beans, String Beans 7, Egg White 7, Egg Yolk, dried 7, Spinach, fresh 6.9, Corn flour 6.6, Brie Cheese 6.2, Cheese, Camembert Cheese 6, Wheat whole grain 6, Maize, whole grain 6, Chocolate, milk free 6, Pork chops 5.5, Bananas 5.5, Green Peas (fresh) 5.3, Peas in pod 5.3, Camembert cheese 5, Pork muscle only 5, Carrots 5, Lobster, Crawfish, 4.5, Trout, 4.5, Herring 4.5, Apples 4.5, Mackerel 4.3, Tomato 4, Tomatoes, ripe 4, Strawberries 4, Goat's milk 3.9, Beef rump 3.8, Yoghurt, Milk 3.5, Cow's milk 3.5, Onions 3.5, Yoghurt, reduced fat 3.3, Halibut 3.1, White cabbage 3.08, Blue Cheese 3, Chocolate, Milk chocolate 3, Rice, polished 3, Parmesan Cheese 3, Kohlrabi 2.7, Currants, red 2.6, Acerola 2.5, Haddock 2.5, Tomato juice 2.5, Blackcurrants 2.4, Oranges 2.3, Cod, 2.2, Tuna in oil 2.1, Danish blue cheese 2, Tomato, canned 2, Mozzarella Cheese 2, Chicken for roasting 2, Walnuts 2, Asparagus, boiled drained 2, Red cabbage 2, Wheat flour type 630 2, Edam Cheese 30% fat 2, Turnip 2, Cheddar Cheese 1.9, Peaches 1.9, Lettuce 1.9, Elderberries, black 1.8, Asparagus, canned 1.7, Leeks 1.6, Cauliflower 1.5, Buttermilk 1.5, Milk, skimmed 1.5, Green peas, canned 1.5, Green peas canned 1.5, Grapes, natural 1.5, Whey 1.4, Orange Juice, fresh original 1.4, Red wine 1.4, Blueberries, Bilberries, Huckleberries 1.1, Bread rolls, wheat 1, Apple juice 1, Cucumber 0.9, Orange juice, unsweetened product 0.8, Beer, Alcohol free 0.7, Human Milk 0.58, Grapefruit Juice, fresh original 0.53, Kale 0.5, Broccoli 0.5, White wine 0.5, Mandarins 0.45, Brussels Sprout 0.4, Almonds, roasted 0.4, Potatoes 0.4, Pumpkin 0.4, Parsley 0.4, Parsley leaf 0.4, Sweet cherries 0.4, Grapefruit 0.35, Apple puree 0.3, Peaches, canned 0.2, Parsnips 0.1, Celery 0.1, Plums 0.1, Chestnuts, fresh 0, Brazil Nuts 0

Boron: in Mcg, in 100 g of food

Helps metabolism of calcium, magnesium, phosphorus and prevents their excretion in urine, brain function, alertness, postmenopausal osteoporosis, build muscles. Mushrooms, canned 4150, Cucumber 3630, Mushroom, cultivated 1820, Peas, seed, dry 1800, Peanuts, roasted 1700, Wheat Germ, 1650, Black tea 1590, Almonds, roasted 1400, Raisins, Dried Grape, Sultanas 1200, Peanuts 1200,

Nutrient Sources

Avocados 955, Rose hips 880, Cod, 824, Walnuts 760, Pecans nut 760, Figs, dried 710, Buckwheat 680, White cabbage 600, Appricots, canned 580, Cherries, canned 570, Sweet cherries, canned 570, Oats, without husk, whole grain 568, Parsley leaf 540, Millet 520, Apricots 475, Wheat whole grain 463, Barley, without husk 458, Parsley Root 450, Garlic 440, Garlic, cloves 440, Milk, dried skimmed 435, White Beans 430, Honey 350, Plums 340, Soya flour, full fat 300, Leeks 280, Rice, unpolished 275, Brussels Sprout 270, Red cabbage 250, White wine 250, Apple 245,

Calcium: in Mgs in Food100g,

Milk, dried skimmed 1290, Parmesan Cheese 1180, Kelp 1098.59, Swiss Cheese 925, Gouda cheese 45% fat 820, Edam Cheese 30% fat 800, Cheddar Cheese 752, Mozzarella Cheese 632, Camembert cheese 600, Blue Cheese 526, Sardines, canned 443, Brie Cheese 400, Carob Flour 352, Sardines in oil 330, Black tea 302, Dulse 296, Rose hips 257, Almonds, roasted 252, Collard leaves 250, Turnip Greens 246, Barbados Molasses 245, Parsley leaf 245, Hazelnuts, Cobnut 226, Cress 214, Chocolate, Milk chocolate 214, Kale 212, Parsley 203, Soya beans, 201, Corn Tortillas (lime added) 200, French beans, dried 197, Soya flour, full fat 195, Figs, dried 193, Dandelion greens 187, Salmon, canned 185, Water cress 180, Coffee powder 168, Dandelion leaves 158, Watercress 151, Coffee, roasted 146, Egg Yolk 140, Pistachio Nuts 136, Brazil Nuts 132, Chives 129, Tofu 128, Goat's milk 127, Spinach, fresh 126, Chick-peas, dry 124, Mungo beans, Black 123, Milk, skimmed 123, Sunflower Seeds 120, Cow's milk 120, Yoghurt, Milk 120, Beet Greens 119, Yoghurt, reduced fat 114, White Beans 113, Sesame Seeds, hulled 110, Buttermilk 109, Ripe olives 106, Tofu 105, Broccoli 105, Watermelon 105, Horseradish 105, Walnuts, English 99, Olives, green marinated 96, Cowpeas, dry 95.75, Cottage Cheese, 95, Spinach 93, Lima Beans, dry 90.43, Walnuts 87, Leeks 87, Sardines 85, Spinach, canned 85, Anchovies 82, Oysters 82, Apricots, dried 82, Raisins, Dried Grape, Sultanas 80, Celery 80, Grapes, dried 80, Oats, without husk, whole grain 79.60, Pecans nut 73, Soybeans, cooked 73, Wheat Germ, 69, Miso 68, Romaine Lettuce 68, Kohlrabi 68, Whey 67.90, Rutabagas 66, Horse mackerel 65, Peanuts, roasted 65, Chocolate, milk free 63, Dates, dried 63, Dates, dried 63, Lobster, Crawfish, 61, Tomato puree 60, French beans, String Beans 57, Green Snap Beans 56, Whole egg 56, Eggs 56, Oatmeal 54.70, Oats, rolled 54, Bream 53.25, Artichoke 53, Mullet 53, Rhubarb 52, Caviar 51, Globe Artichoke 51, Macadamia Nuts 51, Prunes, dried 51, Pumpkins 51, Squash Seeds 51, Parsnips 51, Beans, cooked and dried 50, Brewer's Yeast (GTF) 50, Peas, seed, dry 49.70, Turnip 49.40, Cabbage 49, Soybean Sprouts 48, Sauerkraut 48, Wheat, hard winter 46, Blackcurrants 46, White cabbage 46, Blackberries 44, Blackberries, commercial 44, Crayfish, Small lobster 43, Wheat Bran 43, Oranges 42, Hake 41, Liverwurst, Liver sausage 41, Sausage, liver 41, Peanuts 40.43, Tuna, flesh 40, Raspberries 40, Parsley Root 39, Wheat whole grain 38.36, Rye, whole grain 38, Kiwi Fruit 38, Herring, vinegar cured 38, Garlic 38, Barley, without husk 38, Carrots, boiled 37, Carrots 37, Salami, Sausage 35, Elderberries, black 35, Lamb's lettuce 35, Red cabbage 35, Herring 34, Radishes 34, French beans, canned 34, Buckwheat flour 33, Mandarins 33, Cassava tuber 32.02, Brown Rice 32, Sweet potatoes 32, Soya bean sprouts 32, Human milk 31.79, Cashews 31, Onions 31, Brussels Sprout 31, Pickled cucumber 30, Zucchini, Summer squash 30, Sole, fish 29, Garlic, cloves 29, Coconut 29, Currants, red 29, Beetroot 29, Gooseberries 29, Summer squash 28, Carrot Juice 27, Winter Squash 27, Flounder, fish 27, Bread rolls, wheat 27, Turkey, young with skin 26, Strawberries 26, Yam tuber 25, Lentils 25, Turkey, adult animal with skin 25, Boysenberries 25, Cod, 24, Green Peas (fresh) 24, Peas in pod 24, Rice, unpolished 23, Green peas, boiled 22, Pumpkin 22, Buckwheat 21, Papayas,

Nutrient Sources

Pawpaw, Paw paw 20.70, Lettuce 20.44, Pike, river 20.38, Millet 20, Catfish 20, Perch, river 20, Green peas, canned 20, Green peas canned 20, Asparagus, boiled drained 20, Cauliflower 20, Mushrooms, canned 19, Eel, smoked 19, Chicken liver 18, Corn flour 18, Wheat flour type 630 18, Haddock 18, Grapefruit 18, Grapes, natural 18, Passion Fruit, Passionfruit 17, Eel, 17, Sweet cherries 17, Asparagus, canned 17, Beets 16, Calf's heart 16, Pineapple 16, Apricots 16, Bamboo shoots 15, Corn Oil, Maize oil 15, Maize oil, 15, Orange juice, unsweetened Commercial 15, Tomato juice 15, Maize, whole grain 15, Cucumber 15, Chicken Breasts 14, Jerusalem Artichoke 14, Rabbit meat 14, Cantaloupe, Rock Melon, Rockmelon 14, Halibut 14, Cranberries, Mountain-cranberries 14, Plums 14, Sheep's kidney 13, Pineapple, canned 13, Butter 13, Veal, muscle only 13, Corn flakes 13, Tomatoes, ripe 13, Salmon, flesh 13, Chicken for roasting 12, Cherries, canned 12, Sweet cherries, canned 12, Eggplant 12, Oyster mushrooms 12, Blueberries, canned 12, Mackerel 12, Mangos 12, Mutton 12, Split Peas 11.84, Acerola 11.70, Trout, 11.60, Mushroom, cultivated 11.25, Green Peppers, Paprika 11.20, Pork chops 11, Beef, liver 11, Kidneys, beef 11, Pork, Hind leg 11, Appricots, canned 11, Egg White 11, Gelatine 11, Lemon 11, Orange Juice, fresh original 11, Avocados 10, Ham 10, Calf's kidney 10, Pork liver 10, Blueberries, Bilberries, Huckleberries 10, Pears 10, Grapefruit Juice, fresh original 9.60, White wine 9, Calf's liver 8.70, Liver, calf 8.70, Bananas 8.70, Tomato 8.53, Beet-sugar, unrefined 8.50, Cherries 8, Peaches 7.80, Red wine 7.60, Apple 7.10, Apples 7.10, Pears, canned 7, Beef, liver 7, Tuna in oil 7, Apple juice 6.90, Black Pudding 6.50, Potatoes 6.16, Rice, polished 6, Lentil sprouts 5.50, Beer, Alcohol free 5, Mackerel, smoked 5, Honey 4.50, Apple puree 4.40, Sheep's liver 4.30, Cola drinks 4, Peaches, canned 3.90, Beef rump 3.85, Mung Bean Sprouts 3.70, Beef, sirloin steak 3.40, Pork muscle only 3.20, Lamb, muscle only 3, Sweet corn 2.23, Tea, clear, drink 2.08

Calcium, Magnesium: Foods that contain both calcium & magnesium

respective mgs/100 g food Milk, dried skimmed, 1290.00, 110.00 , Parmesan Cheese, 1180.00, 41.20 , Kelp, 1050.00, 740.00 , Gouda cheese 45% fat, 820.00, 28.00 , Edam Cheese 30% fat, 800.00, 59.00 , Cheddar Cheese, 752.00, 29.86 , Cheese, general, 750.00, 45.00 , Mozzarella Cheese, 632.00, 24.00 , Camembert cheese, 600.00, 19.00 , Blue Cheese, 526.00, 39.00 , Dulse, 296.00, 220.00 , Rose hips, 257.00, 104.00 , Almonds, roasted , 252.00, 170.00 , Collard leaves, 250.00, 57.00 , Parsley leaf, 245.00, 41.10 , Hazelnuts, Cobnut, 226.00, 156.00 , Chocolate, Milk chocolate, 214.00, 86.00 , Kale, 212.00, 31.00 , Parsley , 203.00, 41.00 , Soya beans, 201.00, 220.00 , Soya flour, full fat, 195.00, 247.00 , Figs,dried, 193.00, 70.00 , Dandelion greens, 187.00, 36.00 , Salmon, canned, 185.00, 29.55 , Water cress, 180.00, 34.00 , Coffee powder, 168.00, 390.00 , Dandelion leaves, 158.00, 36.00 , Coffee, roasted, 146.00, 201.00 , Egg Yolks, 140.00, 16.00 , Pistachio Nuts, 136.00, 158.00 , Brazil Nuts, 132.00, 160.00 , Chives, 129.00, 44.00 , Tofu, 128.00, 111.00 , Goat's milk, 127.00, 14.00 , Spinach, fresh, 126.00, 80.00 , Chick-peas, dry, 124.00, 155.00 , Mungo beans, Black , 123.00, 243.00 , Milk, skimmed, 123.00, 14.00 , Sunflower Seeds, 120.00, 38.00 , Yoghurt, Milk, 120.00, 12.00 , Beet Greens, 119.00, 106.00 , Cow's milk, 115.00, 12.00 , Yoghurt, reduced fat, 114.00, 11.00 , White Beans, 113.00, 140.00 , Buttermilk, 109.00, 16.00 , Tofu, 105.00, 103.00 , Horseradish, 105.00, 33.00 , Broccoli, 105.00, 24.00 , Watermelon, 105.00, 2.90 , Spinach, 100.00, 88.00 , Oysters, 100.00, 42.00 , Walnuts, English, 99.00, 131.00 , Olives, green marinated, 96.00, 19.00 , Cowpeas, dry, 95.75, 250.00 , Lima Beans, dry, 90.43, 207.00 , Walnuts, 87.00, 129.00 , Leeks, 87.00, 18.00 , Spinach, canned, 85.00, 63.00 , Sardines, 85.00, 24.00 , Apricots, dried, 82.00, 50.00 , Raisins, Dried Grape, Sultanas, 80.00, 41.00 , Grapes, dried, 80.00, 41.00 , Celery, 80.00, 12.00 , Oats,without husk, whole grain, 79.60, 129.00 , Pecans nut, 73.00, 142.00 ,

Nutrient Sources

Soybeans, cooked, 73.00, 88.00 , Wheat Germ, 69.00, 250.00 , Kohlrabi, 68.00, 43.00 , Whey, 67.90, 1.00 , Peanuts, roasted, 65.00, 182.00 , Chocolate, milk free, 63.00, 100.00 , Dates, dried, 63.00, 50.00 , Dates,dried, 63.00, 50.00 , Lobster, Crawfish, 61.00, 24.00 , Tomato puree, 60.00, 32.00 , French beans, String Beans, 57.00, 25.00 , Whole egg, 56.00, 12.00 , Oatmeal, 54.70, 150.00 , Oats,rolled, 54.00, 139.00 , Bream, 53.25, 59.86 , Mullet, 53.00, 29.00 , Artichoke, 53.00, 26.00 , Rhubarb, 52.00, 13.00 , Parsnips, 51.00, 22.00 , Brewer's Yeast (GTF), 50.00, 231.00 , Beans, cooked and dried, 50.00, 37.00 , Peas, seed, dry, 49.70, 118.00 , Turnip, 49.40, 7.40 , Cabbage, 49.00, 13.00 , Sauerkraut, 48.00, 14.00 , White cabbage, 46.00, 23.00 , Blackcurrants, 46.00, 17.00 , Currants, black, 46.00, 17.00 , Blackberries, 44.00, 30.00 , Blackberries, commercial, 44.00, 30.00 , Wheat Bran, 43.00, 590.00 , Oranges, 42.00, 14.00 , Peanuts, 40.43, 160.00 , Raspberries, 40.00, 30.00 , Parsley Root, 39.00, 26.00 , Wheat whole grain, 38.36, 128.00 , Barley,without husk, 38.00, 114.00 , Kiwi Fruit, 38.00, 23.80 , Herring, vinegar cured, 38.00, 12.00 , Carrots, 37.00, 18.00 , Red cabbage, 35.00, 18.00 , Lamb's lettuce, 35.00, 13.00 , Herring, 34.00, 31.00 , French beans, canned, 34.00, 20.00 , Radishes, 34.00, 8.00 , Mandarins, 33.00, 11.00 , Cassava tuber, 32.02, 64.70 , Brown Rice, 32.00, 88.00 , Sweet potatoes, 32.00, 31.00 , Soyabean sprouts, 32.00, 18.50 , Human Milk, 31.79, 3.14 , Cashews, 31.00, 267.00 , Brussels Sprout, 31.00, 22.00 , Onions, 31.00, 11.00 , Sole, fish, 29.00, 49.00 , Coconut, 29.00, 39.00 , Garlic, cloves, 29.00, 36.00 , Beetroot, 29.00, 25.00 , Gooseberries, 29.00, 15.00 , Currants, red, 29.00, 13.00 , Bread rolls, wheat, 27.00, 30.00 , Flounder, fish, 27.00, 24.00 , Winter Squash, 27.00, 17.00 , Turkey, young with skin, 26.00, 28.00 , Strawberries, 26.00, 15.00 , Lentils, 25.00, 77.00 , Turkey, adult animal with skin, 25.00, 27.00 , Boysenberries, 25.00, 18.00 , Green Peas (fresh), 24.00, 33.00 , Peas in pod, 24.00, 33.00 , Cod, , 24.00, 25.00 , Rice,unpolished, 23.00, 157.00 , Pumpkin, 22.00, 8.00 , Buckwheat, 21.00, 85.00 , Papayas, Pawpaw, Paw paw, 20.70, 40.50 , Lettuce, 20.44, 8.48 , Pike, river, 20.38, 27.57 , Millet, 20.00, 162.00 , Catfish, 20.00, 27.00 , Perch, river, 20.00, 20.00 , Green peas canned, 20.00, 20.00 , Green peas, canned, 20.00, 20.00 , Asparagus, boiled drained, 20.00, 18.03 , Cauliflower, 20.00, 17.00 , Eel, smoked, 19.00, 18.00 , Mushrooms,canned, 19.00, 15.00 , Corn flour, 18.00, 47.00 , Haddock, 18.00, 24.00 , Wheat flour type 630, 18.00, 10.00 , Grapefruit, 18.00, 10.00 , Grapes, natural, 18.00, 9.30 , Passion Fruit, Passionfruit, 17.00, 39.00 , Eel, 17.00, 21.00 , Sweet cherries, 17.00, 11.00 , Asparagus, canned, 17.00, 6.00 , Beets, 16.00, 25.00 , Calf's heart, 16.00, 25.00 , Pineapple, 16.00, 17.00 , Apricots, 16.00, 9.20 , Maize, whole grain, 15.00, 120.00 , Orange juice, unsweetened product, 15.00, 12.00 , Tomato juice, 15.00, 9.50 , Cucumber, 15.00, 8.00 , Rabbit meat, 14.00, 29.00 , Halibut, 14.00, 28.00 , Chicken Breasts, 14.00, 25.00 , Cantaloupe, Rock Melon, Rockmelon, 14.00, 16.00 , Plums, 14.00, 10.00 , Cranberries, Mountain-cranberries, 14.00, 5.50 , Salmon, flesh, 13.00, 29.00 , Veal, muscle only, 13.00, 16.00 , Corn flakes, 13.00, 14.00 , Tomatoes, ripe, 13.00, 14.00 , Pineapple, canned, 13.00, 8.00 , Butter, 13.00, 3.00 , Chicken for roasting, 12.00, 37.00 , Mackerel, 12.00, 30.00 , Cherries, canned, 12.00, 21.00 , Sweet cherries, canned, 12.00, 21.00 , Mutton, 12.00, 19.00 , Mangos, 12.00, 18.00 , Eggplant, 12.00, 16.00 , Oyster mushrooms, 12.00, 13.00 , Blueberries, canned, 12.00, 3.60 , Split Peas, 11.84, 130.00 , Acerola, 11.70, 12.00 , Trout, 11.60, 26.27 , Mushroom,cultivated, 11.25, 13.50 , Green Peppers, Paprika, 11.20, 12.00 , Lemon, 11.00, 28.00 , Pork chops, 11.00, 24.00 , Beef, liver, 11.00, 20.00 , Kidneys, beef, 11.00, 20.00 , Pork, Hind leg, 11.00, 18.00 , Egg White, 11.00, 12.00 , Orange Juice, fresh original, 11.00, 12.00 , Gelatine, 11.00, 11.00 , Appricots, canned, 11.00, 9.60 , Avocados, 10.00, 29.00 , Pork liver, 10.00, 21.00 , Ham, 10.00, 20.00 , Calf's kidney, 10.00, 18.00 , Pears, 10.00, 7.80 , Blueberries, Bilberries, Huckleberries, 10.00, 2.40 , Grapefruit Juice, fresh original, 9.60, 9.00 ,

Nutrient Sources

White wine, 9.00, 10.00 , Bananas, 8.70, 36.00 , Calf's liver, 8.70, 19.00 , Tomato, 8.53, 13.57 , Fish, general, 8.00, 15.00 , Cherries, 8.00, 8.00 , Peaches, 7.80, 9.20 , Red wine, 7.60, 8.30 , Apples, 7.10, 6.40 , Beef, liver, 7.00, 17.00 , Pears, canned, 7.00, 4.00 , Apple juice, 6.90, 4.20 , Black Pudding, 6.50, 7.60 , Potatoes, 6.16, 25.00 , Rice, polished, 6.00, 64.00 , Lentil sprouts, 5.50, 15.00 , Beer, Alcohol free, 5.00, 7.70 , Honey, 4.50, 5.50 , Apple puree, 4.40, 9.80 , Cola drinks, 4.00, 1.00 , Peaches, canned, 3.90, 5.40 , Beef rump, 3.85, 23.04 , Mung Bean Sprouts, 3.70, 12.00 , Beef, sirloin steak, 3.40, 23.03 , Pork muscle only, 3.20, 27.00 , Lamb, muscle only, 3.00, 22.00 , Sweet corn, 2.23, 27.08 , Tea, clear, drink, 2.08, 3.33 , Black tea, 2.00, 184.00 , Evening Primrose Seeds (Powder), 1.47, 0.50

Chloride: in Mg per Food100g,

Salami, Sausage 2390, Ham 2100, Corn flakes 1800, Herring, vinegar cured 1520, Pickled cucumber 1500, Edam Cheese 30% fat 1250, Cheddar Cheese 1100, Black Pudding 1100, Sardines in oil 1070, Parmesan Cheese 953, Gooseberries 900, Eel, smoked 724, Bread rolls, wheat 656, Mushrooms, canned 400, French beans, canned 307, Apple juice 300, Beef, liver 251, Kidneys, beef 251, Hake 240, Halibut 210, Egg Yolk 180, Whole egg 180, Eggs 180, Catfish 180, Egg Yolk, dried 170, Beef rump 170, Cod, 159, Margarine (salted) 158, Parsley leaf 156, Herring 145, Goat's milk 142, Sole, fish 142, Mackerel 140, Chocolate, Milk chocolate 131, Flounder, fish 127, Coconut 122, Oysters 120, Horse mackerel 120, Oats, without husk, whole grain 119, Dates, dried 117, Dates, dried 117, Beef, sirloin steak 114, Turkey, young with skin 112, Water cress 109, Bananas 109, Soya flour, full fat 106, Turkey, adult animal with skin 106, Yoghurt, Milk 102, Cow's milk 102, Coconut oil 100, Dandelion leaves 100, Buttermilk 100, Chocolate, milk free 100, Red cabbage 100, Milk, skimmed 100, Yoghurt, reduced fat 96, Calf's liver 89, Liver, calf 89, Chicken for roasting 85, Beetroot 82, Chick-peas, dry 80, Broccoli 78, Chives 74, Veal, muscle only 73, Turnip 70, Lamb's lettuce 70, Beef, liver 68.1, Pork liver 67.8, Whey 67, Mushroom, cultivated 67, Kiwi Fruit 65.5, Lobster, Crawfish, 61, Oats, rolled 61, Kale 60, Rhubarb 60, Kohlrabi 57, Lettuce 57, Peas, seed, dry 55, Wheat whole grain 55, Spinach, fresh 54, Asparagus, boiled drained 53, Eel, 52, Rabbit meat 51, Coffee powder 50, White Beans 47, Potatoes 45, Radishes 44, Figs, dried 43, Onions 42, Carrot Juice 41, Almonds, roasted 40, Artichoke 40, Human Milk 40, Brussels Sprout, 40, Green Peas (fresh) 40, Peas in pod 40, Beet-sugar, unrefined 40, Pineapple 39, Cucumber 37, White cabbage 37, Anchovies 30, Garlic 30, Garlic, cloves 30, Tomato 30, Cauliflower 29, Leeks 24, Walnuts 23, Butter 23, Barley, without husk 23, Cherries 21, Coffee, roasted 19, Green Peppers, Paprika 19, French beans, String Beans 18.6, Cashews 18.4, Horseradish 18, Pumpkin 18, Rose hips 15.6, Millet 15, Blackcurrants 15, Currants, red 14, Strawberries 14, Buckwheat 12, Maize, whole grain 12, Beer, Alcohol free 12, Hazelnuts, Cobnut 10, Raisins, Dried Grape, Sultanas 10, Grapes, dried 10, Acerola 10, Cola drinks 10, Red wine 9.9, Watermelon 8.3, Peanuts, roasted 8, Soya beans, 7, Peanuts 7, Avocados 6, Apricots, dried 5.4, Blueberries, Bilberries, Huckleberries 5, White wine 5, Apple puree 5, Lemon 4.5, Oranges 4, Mandarins 4, Cranberries, Mountain-cranberries 4, Pineapple, canned 4, Pears, canned 3.9, Orange Juice, fresh original 3.8, Grapefruit Juice, fresh original 3.6, Sweet cherries 3, Cherries, canned 3, Sweet cherries, canned 3, Peaches 2.6, Grapefruit 2.3, Apples 2.2, Blueberries, canned 2, Appricots, canned 2, Pears 2, Potato dumpling 1.82, Peaches, canned 1.6, Plums 1.5, Apricots 1, Egg White 0.17

Choline: Food100g in Mgs, Lecithin 2200, Egg Yolk 1490, Liver 550, Whole egg 504, Eggs 504, Wheat Germ, 406, Soybeans, 340, Rice Germ 300, Blackeye Peas, dry 257, Garbanzos 245, Brewer's Yeast (GTF) 240, Lentils 223, Split Peas,

Nutrient Sources

201, Rice Bran 170, Peanuts, roasted 162, Oatmeal 156, Peanut Butter 145, Bran 143, Barley, without husk 139, Ham 122, Brown Rice 112, Veal, muscle only 104, Rice polishings 102, Whole Wheat cereal 94, Molasses 86, Pork muscle only 77, Green Beans 75, Green Peas (fresh) 75, Beef rump 75, Sweet potatoes 66, Cheddar Cheese 48, Potatoes 29, Cabbage 23, Spinach 22, Cow's milk 15, Orange Juice, fresh original 7.2, Butter 5.

Chromium: in Mcg per Food100g,

Brewer's Yeast (GTF) 112, Black tea 110, Brazil Nuts 100, Edam Cheese 30% fat 95, Gouda cheese 45% fat 95, Beef rump 57, Liver, calf 55, Whole wheat bread (GTF) 42, Maize, whole grain 32, Fresh Chilli 30, Rye Bread 30, Dates, dried 29, Dates, dried 29, Honey 29, Wheat Germ, 23, Egg Yolk 20, White Beans 20, Green Peppers, Paprika 19, Eggs 16, Onions 15.50, Chicken for roasting 15, Hazelnuts, Cobnut 14, Oats, without husk, whole grain 13.10, Barley, without husk 13, Eel, 13, Goat's milk 13, Milk, dried skimmed 13, Orange juice, unsweetened Commercial product 13, Parsnips 13, Almonds, roasted 12, Cheddar Cheese 12, Cornmeal, whole-ground 12, Lamb 12, Scallops 11, Swiss Cheese 11, Mushroom, cultivated 10.33, Pork chops 10, Spinach 10, Oysters 9, Spinach, fresh 8.94, Kale 8.53, Lettuce 8.16, Navy Beans 8, Peanuts 8, Bananas 7.50, Oyster mushrooms 7.40, Parsley leaf 7, Shrimps, Prawns 7, Butter 6, Chocolate, Milk chocolate 6, Oatmeal 6, Pike, river 6, Figs, dried 5.60, Beef, liver 5.16, Blueberries, Bilberries, Huckleberries 5, Carrots 5, Lobster, Crawfish, 5, Sauerkraut 5, Tomato 5, Tomatoes, ripe 5, Wheat Bran 5, Elderberries, black 4.10, Human milk 4.10, Apple 4, Apples 4, Cabbage 4, Green Beans 4, Mushrooms 4, Mutton 4, Yoghurt, Milk 4, Pork liver 3.90, Pork muscle only 3.78, Potatoes 3.64, Asparagus, canned 3.40, Apple juice 3, Beef, liver 3, Beer 3, Cucumber 3, Blackcurrants 3, Horseradish 3, Kidneys, beef 3, Raspberries 3, Rose hips 3, Sweet cherries 3, Wheat whole grain 3, White cabbage 2.92, Cow's milk 2.50, Cauliflower 2, Currants, red 2, Flounder, fish 2, Grapes, dried 2, Grapes, natural 2, Green Peas (fresh) 2, Peaches 2, Pears 2, Peas in pod 2, Plums 2, Pumpkin 2, Rhubarb 2, Milk, skimmed 1.10, Beetroot 1, Blue Cheese 1, Broccoli 1, Cod, 1, Cranberries, Mountain-cranberries 1, Gooseberries 1, Grapefruit 1, Halibut 1, Mandarins 1, Orange Juice, fresh original 1, Oranges 1, Red wine 1, Strawberries 1, Trout, 1, Red cabbage 0.50, Turnip 0.50

Copper: in mgs per Food 100g,

Aids in formation of bone, collagen, skin, connective tissues, hemoglobin, red blood cells, works with vitamin C and zinc to form elastin. Copper deficiency may lead to osteoporosis, anaemia, baldness, diarrhoea, impaired respiratory function, skin sores. Toxicity: consider copper piping and cooking utensils, depression, irritability, nausea, vomiting, joint and muscle pain. High copper levels lead to low zinc levels and vice versa.

Liver 9.9, Pickled cucumber 8.4, Sheep's liver 7.640, Calf's liver 5.5, Crabs 4.8, Cocoa (dry powder) 4.0, Cashews 3.7, Brewer's Yeast (GTF) 3.320, Beef, liver 3.150, Liver, beef 2.8, Oysters 2.5, Black tea 2.5, Soy Lecithin 2.1, Chocolate, milk free 1.9, Rose hips 1.8, Coffee, roasted 1.730, Wheat Bran 1.550, Pork liver 1.330, Brazil Nuts 1.3, Chocolate, Milk chocolate 1.3, Pecans nut 1.3, Hazelnuts, Cobnut 1.280, Soya beans, 1.2, Split Peas 1.2, Cowpeas, dry 1.070, Wheat Germ, 0.950, Walnuts 0.880, Millet 0.850, Almonds, roasted 0.850, Chick-peas, dry 0.810, Lima Beans, dry 0.804, Apricots, dried 0.8, Buckwheat 0.8, Edam Cheese 30% fat 0.780, Peanuts 0.764, Peas, seed, dry 0.741, Shrimps, Prawns, canned 0.7, Shrimps, Prawns 0.7, Lobster, Crawfish, 0.7, Cod Liver Oil 0.7, Lamb 0.7, White Beans 0.635, Peanuts, roasted 0.610, Oats, rolled 0.530, Mushrooms, canned 0.480, Oats, without husk, whole grain 0.470, Tea, clear, drink 0.470, Wheat whole grain 0.459, Beef, liver 0.434, Kidneys, beef 0.434, Chicken liver 0.406,

Nutrient Sources

Gelatin 0.4, Rye, whole grain 0.4, Butter 0.4, Blueberries, canned 0.390, Mushroom, cultivated 0.390, Figs, dried 0.380, Barley, without husk 0.373, Raisins, Dried Grape, Sultanas 0.370, Parmesan Cheese 0.360, Sheep's kidney 0.352, Egg Yolk 0.350, Dates, dried 0.330, Dates, dried 0.330, Green Peas (fresh) 0.326, Peas in pod 0.326, Calf's heart 0.320, Artichoke 0.320, Herring 0.320, Chicken for roasting 0.3, Olive Oil 0.3, Coconut, fresh 0.3, Clams 0.3, Olives, green marinated 0.270, Bread rolls, wheat 0.260, Rice, unpolished 0.240, French beans, canned 0.230, Tuna in oil 0.230, Soya bean sprouts 0.230, Haddock 0.230, Cod, 0.230, Avocados 0.225, Lentil sprouts 0.220, Tofu 0.2, Corn flakes 0.2, Salmon, flesh 0.2, Halibut 0.2, Ginger Root 0.2, Turnips 0.2, Molasses 0.2, Whole Wheat 0.2, Millet 0.2, Eggs 0.2, Wheat flour type 630 0.193, Horse mackerel 0.190, Raspberries 0.180, Dandelion leaves 0.170, Sardines 0.170, Lamb, muscle only 0.170, Cranberries, Mountain-cranberries 0.170, Gooseberries 0.163, Veal, muscle only 0.160, Passion Fruit, Passionfruit 0.160, Cassava tuber 0.160, Mackerel 0.160, Asparagus, boiled drained 0.156, Trout, 0.153, Garlic, cloves 0.149, Garlic 0.149, Bream 0.143, Parsley leaf 0.142, Blackcurrants 0.141, Horseradish 0.140, Currants, red 0.140, Blue Cheese 0.140, Apricots 0.134, Egg Yolk, dried 0.130, Green peas, canned 0.130, Green peas canned 0.130, Rice, polished 0.130, Sauerkraut 0.130, Egg White 0.130, Lemon 0.129, Broccoli 0.126, Eel, smoked 0.124, Pineapple 0.123, Herring, vinegar cured 0.120, Oyster mushrooms 0.120, Tomato juice 0.120, Celery 0.120, Mung Bean Sprouts 0.120, Sweet cherries 0.115, Lamb's lettuce 0.110, Turkey, young with skin 0.110, Caviar 0.110, Cherries, canned 0.110, Sweet cherries, canned 0.110, Blackberries, commercial 0.108, Blackberries 0.108, Bananas 0.105, Turkey, adult animal with skin 0.1, Winter Squash 0.1, Parsnips 0.1, Apples 0.1, Plums 0.1, Blueberries, Bilberries, Huckleberries 0.097, Spinach, fresh 0.097, Kiwi Fruit 0.095, Potatoes 0.090, Mutton 0.090, Honey 0.090, Eel, 0.089, Beetroot 0.084, French beans, String Beans 0.084, Grapes, natural 0.083, Grapes, dried 0.083, Pumpkin 0.080, Cheddar Cheese 0.080, Orange Juice, fresh original 0.080, Camembert cheese 0.080, Beef, sirloin steak 0.079, Beef rump 0.073, Peaches 0.073, Pears 0.072, Human milk 0.072, Green Peppers, Paprika 0.071, Salmon, canned 0.070, White wine 0.070, Gouda cheese 45% fat 0.070, Turnip 0.070, Pears, canned 0.070, Brussels Sprout 0.065, Mangos 0.064, Watermelon 0.061, Tomato 0.060, Tomatoes, ripe 0.060, Oranges 0.059, Chives 0.059, Apple juice 0.059, Orange juice, unsweetened product 0.057, Pike, river 0.057, Mandarins 0.056, Kale 0.056, Leeks 0.053, Radishes 0.053, Carrots 0.052, Cucumber 0.051, Coffee powder 0.050, Corn Oil, Maize oil 0.050, Maize oil, 0.050, Pork muscle only 0.050, Appricots, canned 0.050, Rhubarb 0.050, Pineapple, canned 0.050, Lettuce 0.049, Kohlrabi 0.047, Flounder, fish 0.047, Onions 0.046, Strawberries 0.046, Grapefruit 0.046, Sweet corn 0.045, Zucchini, Summer squash 0.045, Red cabbage 0.042, Sardines, canned 0.040, Sardines in oil 0.040, Red wine 0.040, White cabbage 0.033, Peaches, canned 0.033, Papayas, Pawpaw, Paw paw 0.032, Cola drinks 0.030, Grapefruit Juice, fresh original 0.030, Milk, dried skimmed 0.029, Goat's milk 0.018, Yoghurt, Milk 0.010, Cow's milk 0.010, Yoghurt, reduced fat 0.009, Mullet 0.007, Cotton seed oil, Cottonseed oil 0.005, Beer, Alcohol free 0.005, Peanut Oil 0.003, Milk, skimmed 0.002, Coconut oil 0.002, Sunflower Seed Oil, refined 0.001, Bay Leaves 0.0, Black Peppers 0.0, Thyme 0.0, Paprika (capsicum) 0.0.

Cysteine: & Cystine:

Each molecule of cystine consists of two molecules of cysteine. Cysteine is unstable and easily converted to L-cystine and vice versa. Cysteine is a constituent of fingernails and toe nails, skin hair. Cysteine promotes production of collagen and is a constituent of digestive enzymes. Helps in protection against radiation damage, free radical destroyers together with vitamin E and selenium. Cysteine precursor to

Nutrient Sources

glutathione and helps protect brain and liver from toxins of alcohol, drugs and cigarette smoke. Cysteine formed from methionine with B6 (See Methionine). In chronic illness 1000 mgs three times per day for one month. Supplementation recommended in rheumatoid arthritis, atherosclerosis, cancer. Post operative healing (surgery), severe burns, helps iron absorption, burning of fat (obesity), builds muscle tissues, respiratory disorders (emphysema, bronchitis and tuberculosis), promotes white blood cells. **N-acetylcysteine** (more potent) used in radiation and chemotherapy because it increases glutathione in lungs, kidneys and bone marrow. **Caution:** People with diabetes (diabetics) should not take supplemental cysteine as it may inactivate insulin.

Cysteine: in Mgs per 100g of food,

Soya flour, full fat, 590, Soya beans, 590, Brewer's Yeast (GTF) 570, Cashews 500, Brazils, 480, Brazil Nuts 480, Peanuts (roasted), 463, Wheat Germ 460, Wheat germ, 460, Peas, seed, dry 450, Peanut butter, 449, Peanuts, roasted 430, Sole, fish 420, Horse mackerel 410, Sunflower seeds, 390, Wheat Bran 390, Oatmeal 390, Oats,rolled 390, Almonds, roasted 380, Chicken Breasts 330, poultry, turkey, 330, Pork liver 320, Oats,without husk, whole grain 320, Milk, dried skimmed 310, Pork muscles only 310, Mullet 310, Turkey, young with skin 310, Chicken liver 310, Sheep's liver 310, Eggs 310, Crayfish, Small lobster 310, Oatmeal, rolled oats, 309, Beef, sirloin steak 300, Pork chops 300, Chicken for roasting 300, Salmon, flesh 299, boiled egg , 299, Tuna, flesh 290, Mutton 290, Egg White 290, Egg Yolk, dried 290, Wheat whole grain 290, Wheat flour type 630 290, Beef rump 280, Beef, liver 280, Calf's liver 280, Lima Beans, dry 280, Chick-peas, dry 280, Chicken breasts, 277, Turkey, adult animal with skin 270, Kidneys, beef 270, Pistachios, 260, Perch, river 260, Pork, Hind leg 260, Ham 260, Salami, Sausage 259, Edam Cheese 30% fat 250, Cod, 250, Halibut, 250, Chicken (breasts), 250, Walnuts, 250, Beef (roast), 246, Sardines in oil 240, Herring 240, Halibut 240, Lamb (leg), 236, Salmon, canned pink, 234, Calf liver (fried), 234, veal, 231, White Beans, 230, Mackerel, 230, Lobster, Crawfish, 230, Buckwheat flour 230, Fresh raw cod, 222, Sardines 220, Lobster, Crawfish, 220, Haddock, raw 220, Buckwheat 220, Barley,without husk 220, Pike, river 220, Pecans, 216, Cheddar cheese 210, Lemon sole 210, Liverwurst, 203, Herring, vinegar cured 200, Eel, smoked 200, Sheep's kidney 200, Calf's kidney 200, Lamb (rib), 195, Pork, (loin), 192, Liverwurst, Liver sausage 192, Sausage, liver 192, Hazelnuts 190, Catfish 180, Pork, ham, 178, Trout, 170, Hake 160, Corn flakes 160, Cornflakes, 152, Flounder, fish 150, Oysters 150, Millet 150, Cottage cheese, 147, Maize, whole grain 140, Figs,dried 140, Cheddar cheese, 131, Eel, 130, Green Peas (fresh) 130, Peas in pod 130, Blue Cheese 120, Brie Cheese 120, Cowpeas, dry 120, Camembert cheese 110, Potato dumpling 110, Potato soup 110, Rice,polished 110, Corn flour 110, pork, cured, bacon medium fat, 106, Rice, unpolished 100, Milk, Goat's 83, Bream 80, Coconut 71, Kale 69, Beans, red kidney, canned, 57, Bread rolls, wheat 50, Spinach, canned 44, Spinach, fresh, 38, Carrots (cooked), 33.33, Buttermilk, 33, Skim milk, 31, Yoghurt (part skimmed), 30, Yoghurt, Milk 30, Red cabbage 30, Green peas, canned 29, Carrots , 29, Cow's milk 28, Yoghurt, reduced fat 27, White cabbage 27, Beans, French beans, String Beans 24, Human Milk 24, Bamboo shoots 21, Parsley leaf 20, Potato 20, Potatoes 20, Mushrooms,canned 18, Asparagus, canned 18, Potato (baked with skin), 16, Carrots 13, Leeks 12, Whey 12, French beans, canned 10, Parsley Root 9, Mandarins 9, Lemon 9, Peaches 9, Strawberries 7, Avocados 6, Raisins, Dried Grape, Sultanas 6, Grapes, dried 6, Celery 6, Butter 5, Orange juice, unsweetened product 4.4, Parsnips 4, Horseradish 3.5, Peaches, canned 3, Oranges 3, Sweet cherries 3, Banana, 2, Bananas 2, Grapefruit Juice, fresh original 2, Grapefruit 2, Tomato, 1, Rhubarb 1, Tomato juice 1, Apple 1, Apples 1, Parmesan Cheese

Nutrient Sources

0.25, Gelatine 0.001, Mungo beans, Black 0.001

Docosahexaenoic acid (DHA) in Mg per Food 100g, Shark oil 16360, Herring oil 5700, Tuna, flesh 2290, Salmon, flesh 2150, Sardines in oil 1240, Mackerel, 1120, Bream 866, Sardines 810, Herring 677, Eel, 567, Chicken 460, Trout, 437, Halibut 372, Mullet 353, Hake 319, Anchovies 290, Horse mackerel 290, Eel, smoked 260, Chicken for roasting 190, Egg yolk 180, Pike, river 175, Sole, fish 162, Chicken Breasts 134, Cod liver oil 120, Haddock 115, Lobster, Crawfish, 80, Pork liver 14.5, Oysters 10

Eicosapentaenoic acid (EPA) in Mg per Food 100g, Herring oil 6200, Shark oil 3500, Herring 2040, Macadamia Nuts 1700, Sardines in oil 1200, Tuna, flesh 1080, Salmon, flesh 709, Mackerel, 629, Sardines 580, Bream 458, Eel, 26, Anchovies 210, Hake 171, Horse mackerel 170, Lobster, Crawfish, 170, Trout, 150, Halibut 141, Pike, river 64.57, Cod liver oil 64.48, Perch, river 53, Haddock 43.2, Oysters 40, Mullet 40, Sole, fish 33.33, Pork liver 21.7, Red cabbage 0.9

Fluorine: in Mcg per Food100g,

Black tea 9500, Walnuts 680, Pork liver 290, Lobster, Crawfish, 210, Calf's kidney 200, Beef, liver 200, Kidneys, beef 200, Eel, smoked 180, Cashews 140, Peanuts, roasted 140, Beef, liver 130, Butter 130, Peanuts 130, Barley, without husk 120, Whole egg 110, Eggs 110, Parsley leaf 110, Soya flour, full fat 110, Spinach, fresh 110, Wheat whole grain 90, Almonds, roasted 90, Coffee, roasted 90, Pike, river 80, Herring, vinegar cured 70, Radishes 70, Maize, whole grain 62, Raisins, Dried Grape, Sultanas 62, Grapes, dried 62, Rose hips 60, Blue Cheese 50, Rice, unpolished 50, Pork chops 50, Rice, polished 50, Chocolate, Milk chocolate 50, Chocolate, milk free 50, Millet 50, Apricots, dried 50, Asparagus, boiled drained 48, Sauerkraut 45, Rhubarb 40, Peas, seed, dry 40, Oats, rolled 37, Haddock 35, Chicken for roasting 33, Lettuce 32, Mushroom, cultivated 31, Salmon, flesh 30, Trout, 30, Egg Yolk 30, Mackerel 30, Flounder, fish 30, Eel, 30, White wine 30, Blackcurrants 29, Camembert cheese 28, Tuna, flesh 28, Cod, 28, Green Peas (fresh) 27, Peas in pod 27, Cress 24, Tomato 24, Strawberries 24, Grapefruit 24, Currants, red 23, Peaches 21, Mutton 20, Bananas 20, Beetroot 20, Veal, muscle only 20, Kale 20, Cucumber 20, Calf's liver 19, Liver, calf 19, Sweet cherries 18, Yoghurt, Milk 17, Cow's milk 17, Human Milk 17, Hazelnuts, Cobnut 17, Yoghurt, reduced fat 16, Grapefruit Juice, fresh original 15, Pineapple 14, Peaches, canned 13, Red cabbage 12, White cabbage 12, Cauliflower 12, French beans, String Beans 12, Red wine 12, Pears 12, Gooseberries 11, Watermelon 11, Parsnips 10, Apple juice 10, Buttermilk 10, Broccoli 10, Leeks 10, Lemon 10, Mandarins 10, Potatoes 9.7, Apricots 9.6, Apples 6.6, Catfish 6, Oats, without husk, whole grain 6, Oranges 5, Blueberries, Bilberries, Huckleberries 2, Plums 1.8, Bread rolls, wheat 1.1, Orange Juice, fresh original 0.900, Sardines in oil 0.53.

Folic Acid: (Folate: or Vitamin B9) in Mcg per Food100g,

Brewer's Yeast (GTF) 3170, Beef, liver 592, Cowpeas, dry 540, Wheat Germ, 520, Blackeye Peas 440, Rice Germ 430, Soybean Flour 425, Chicken liver 380, Chick-peas, dry 340, Liver, beef 295, Sheep's liver 280, Liver, lamb 275, Calf's liver 240, Liver, calf 240, Soya beans, 240, Soybeans 225, Liver, pork 220, Watercress 200, Red wine 200, Bran 195, Wheat Bran 195, Soya flour, full fat 190, White Beans 187, Kale 187, Brussels Sprout 182, Kidney Beans 180, Beef, liver 170, Kidneys, beef 170, Peanuts 169, Egg Yolk 160, Soya bean sprouts 160, Green Peas (fresh) 159, Peas in pod 159, Peas, seed, dry 151, Parsley leaf 149, Mung Beans 145, Lamb's lettuce 145, Spinach, fresh 145, Mungo beans, Black 140, Pork liver 136, Lima Beans, fresh 130, Garbanzos 125, Navy Beans 125,

Nutrient Sources

Cauliflower 125, Asparagus, boiled drained 108, Lentils 105, Leeks 103, Corn flour 101, Okra, (Gumbo) 100, Oats, rolled 87, Wheat whole grain 87, Lentil sprouts 84, Beetroot 83, Walnuts, English 77, Walnuts 77, Cherries 75, Lettuce 75, Hazelnuts, Cobnut 71, Kale 70, French beans, String Beans 70, Kohlrabi 70, Whole egg 67, Eggs 67, Camembert cheese 66, Filbert Nuts 65, Brie Cheese 65, Barley, without husk 65, Strawberries 65, Calf's kidney 63, Cheese, Camembert Cheese 60, Mustard Greens 60, Green Peppers, Paprika 60, Parsnips 59, Pistachio Nuts 58, Textured Vegetable Proteins 57, Peanut Butter 56, Peanuts, roasted 56, Asparagus, canned 55, Carrots 55, Broccoli 53, Sweet cherries 52, Split Peas 50, Whole Wheat cereal 49, Mung Bean Sprouts 46, Almonds, roasted 45, Tomato 44.5, Tomatoes, ripe 44.5, Grapes, natural 43, Sweet corn 43, Oranges 42, Orange Juice, fresh original 41, Blue Cheese 40, Whole wheat flour 38, Smelt (small silvery fish) 37, Bread rolls, wheat 36, Pumpkin 36, Mangos 36, Red cabbage 35, Endive 33, Oatmeal 33, Oats, without husk, whole grain 33, Cabbage 32, Sauerkraut 31, White cabbage 31, Coconut 30, Avocados 30, Raspberries 30, Rice, polished 29, Green Beans 28, Corn 28, Coconut, fresh 28, Pecans nut 27, Cucumber 27, Maize, whole grain 26, Semolina 25, Mushrooms 25, Mushroom, cultivated 25, Orange juice, unsweetened product 24, Radishes 24, Coffee, roasted 22, Dates, dried 21, Dates, dried 21, Gouda cheese 45% fat 21, Milk, dried skimmed 21, Edam Cheese 30% fat 20, Parmesan Cheese 20, Potatoes 20, Turnip 20, Gooseberries 19, Cheddar Cheese 19, Plantain 18, Elderberries, black 17, Wheat flour type 630 17, Bananas 17, Lobster, Crawfish, 16.1, Rice, unpolished 16, Blackcurrants 16, Turkey, adult animal with skin 16, Tuna, flesh 15, Blueberries, canned 15, Tofu 15, Egg Yolk, dried 15, Egg White 15, Beer, Alcohol free 15, Figs, dried 14, Blackberries 14, Pears 14, Salmon, canned 13.6, French beans, canned 13, Tomato juice 13, Eel, 13, Yoghurt, Milk 13, Ground Beef 12, Chicken for roasting 12, Green peas, canned 12, Green peas canned 12, Turkey, young with skin 12, Apples 12, Currants, red 11, Cherries, canned 11, Sweet cherries, canned 11, Flounder, fish 11, Grapefruit 11, Mozzarella Cheese 10, Chocolate, milk free 10, Chocolate, Milk chocolate 10, Beef rump 9.9, Trout, 9.23, Chicken Breasts 9, Cottage Cheese, 9, Haddock 8.9, Halibut 8.6, Human Milk 8.5, Cod, 7.96, Sardines in oil 7.7, Oysters 7, Celery 7, White wine 7, Mandarins 7, Onions 7, Lemon 6.3, Blueberries, Bilberries, Huckleberries 6, Pears, canned 5.9, Corn flakes 5.7, Apricots, dried 5.1, Buttermilk 5, Herring 5, Veal, muscle only 5, Watermelon 5, Peaches, canned 5, Milk, skimmed 5, Tuna in oil 4.6, Apple puree 4, Raisins, Dried Grape, Sultanas 4, Pineapple 4, Grapes, dried 4, Apricots 3.6, Salmon, flesh 3.4, Calf's heart 3.1, Apple juice 3.1, Mutton 3, Peaches 2.7, Cranberries, Mountain-cranberries 2.6, Pork muscle only 2.5, Rhubarb 2.5, Plums 2, Pineapple, canned 2, Pork chops 1.6, Mackerel 1.24, Whey 1, Grapefruit Juice, fresh original 1, Goat's milk 0.8, Cow's milk 0.42, Yoghurt, reduced fat 0.4, Brazil Nuts 0.04, Chestnuts, fresh 0, Sardines, canned 0, Parsley 0

Glutamate: in Mgs per Food 100g,

Gelatine 9580, Parmesan Cheese 8100, Soya flour, full fat 7830, Milk, dried skimmed 7570, Cheddar cheese 6620, Soya beans, 6490, Gouda cheese 45% fat 6280, Edam Cheese 30% fat 6210, Peanuts 5630, Peanuts, roasted 5630, Wheat Germ 5250, Camembert cheese 5180, Blue Cheese 4970, Brie Cheese 4650, Pike, river 4580, Mungo beans, Black 4530, White Beans 4330, Mutton 4300, Beef, sirloin steak 4230, Chicken Breasts 4120, Wheat whole grain 4080, Wheat flour type 630 4040, Beef rump 3990, Walnuts, 3960, Pork muscles only 3910, Cowpeas, dry 3870, Pork chops 3840, Caviar 3700, Chicken for roasting 3690, Wheat Bran 3590, Ham 3540, Tuna, flesh 3520, Mullet 3470, Peas, seed, dry 3460, Chicken liver 3450, Oatmeal 3440, Pork, Hind leg 3370, Lima Beans, dry 3330, Trout, 3330, Salmon, flesh 3230, Herring 3230, Flounder, fish 3180, Mackerel, 3170, Sole, fish 3170, Eel, 3130, Cod, 3130, Lobster, Crawfish, 3100,

Nutrient Sources

Oats, rolled 3080, Halibut 3010, Beef, liver 2980, Lemon sole 2950, Oats, without husk, whole grain 2900, Liver, calf 2870, Horse mackerel 2830, Barley, without husk 2810, Perch, river 2800, Pork liver 2770, Bread rolls, wheat 2740, Lobster, Crawfish, 2730, Catfish 2620, Sheep's liver 2580, Kidneys, beef 2540, Hake 2470, Potato soup 2430, Millet 2240, Egg yolk 2200, Buckwheat flour 2140, Buckwheat 1880, Corn flakes 1860, Whole egg 1810, Eggs 1810, Maize, whole grain 1780, Egg White 1640, Egg Yolk, dried 1640, Rice, unpolished 1640, Oysters 1580, Rice, polished 1580, Potato dumpling 1410, Green Peas (fresh) 990, Peas in pod 990, Skim milk, 820, Cow's milk 790, Parsley Root 764, Yoghurt, Milk 760, Yoghurt, reduced fat 700, Buttermilk, 680, Potatoes 460, Parsley leaf 400, Leeks 386, Figs, dried 380, Tomato 337, Avocados 284, Tomato juice 270, Horseradish 246, Bamboo shoots 240, Human Milk 220, Peaches 139, Strawberries 126, Parsnips 123, Raisins, Dried Grape, Sultanas 118, Bananas 105, Peaches, canned 96, Mandarins 86, Lemon 80, Oranges 66, Rhubarb 48, Grapefruit 42, Grapefruit Juice, fresh original 41, Sweet cherries 31, Orange juice, unsweetened product 31, Apple 25, Apples 25, Apple juice 7

Glutathione: in Mgs per Food 100g,

Broccoli 14, Chicken Breasts 9.5, French beans, canned 5.1, Green Peppers, Paprika 4.9, Peanuts, roasted 2.1, Pears 1.2, Mushroom, cultivated 0.98, Beans, French beans, String Beans 0.89, Orange juice, unsweetened product 0.89, Apple 0.61, Apples 0.61, Cow's milk 0.33

Glycine: in Mg per Food 100g,

Glycine is a major component of collagen (contains 35 per cent). Retards muscle degeneration by supplying additional creatine used in construction of DNA and RNA, bile acids, promotes healing of skin, necessary in healthy nervous system function, healthy prostate, may help in preventing epilepsy, helps in mania and manic depression and hyper activity. Excess may cause fatigue. Glycine converted to serine.

Gelatine 22960, Wheat Germ 2160, Horse mackerel 1940, Hake 1740, Soya flour, full fat 1680, Peanuts, roasted 1640, Salmon, flesh 1630, Beef, sirloin steak 1590, Chicken Breasts 1560, Chicken liver 1560, Beef rump 1500, Beef liver 1490, Trout, 1470, Pork liver 1460, Mutton 1430, Soya beans, 1420, Pork muscles only 1420, Liver, calf 1420, Mackerel, 1410, Pork chops 1400, Chicken for roasting 1400, Kidneys, beef 1390, Mullet 1380, Wheat Bran 1320, Eel, 1290, Lima Beans, dry 1280, Pork, Hind leg 1230, Ham 1190, Tuna, flesh 1170, Halibut 1150, Sole, fish 1140, Herring 1130, Lobster, Crawfish, 1120, Cowpeas, dry 1080, Sheep's liver 1050, Lemon sole 1040, Catfish 1040, Walnuts, 1030, Perch, river 1010, Lobster, Crawfish, 970, Oatmeal 960, Mungo beans, Black 950, White Beans 950, Cod, 940, Flounder, fish 930, Oats, rolled 850, Caviar 830, Buckwheat flour 830, Oysters 800, Buckwheat 790, Oats, without husk, whole grain 780, Wheat whole grain 720, Parmesan Cheese 700, Pike, river 620, Egg yolk 620, Peas, seed, dry 590, Bread rolls, wheat 580, Edam Cheese 30% fat 560, Barley, without husk 540, Whole egg 530, Eggs 530, Blue Cheese 510, Gouda cheese 45% fat 500, Egg White 500, Egg Yolk, dried 500, Camembert cheese 480, Cheddar cheese 470, Rice, unpolished 460, Wheat flour type 630 460, Maize, whole grain 430, Rice, polished 410, Corn flakes 340, Millet 330, Potato dumpling 290, Figs, dried 260, Potato soup 250, Parsley leaf 214, Green Peas (fresh) 170, Peas in pod 170, Avocados 158, Potatoes 120, Yoghurt, reduced fat 86, Bamboo shoots 84, Parsley Root 80, Leeks 75, Mandarins 70, Lemon 67, Raisins, Dried Grape, Sultanas 63, Peaches, canned 58, Horseradish 49, Parsnips 42, Bananas 42, Human Milk 36, Strawberries 34, Oranges 23, Sweet cherries 19, Tomato 18, Butter 17, Rhubarb 17, Peaches 15, Tomato juice 14, Grapefruit 10, Grapefruit Juice, fresh original 10, Apple 9,

Nutrient Sources

Apples 9, Orange juice, unsweetened product 8.8, Apple juice 2

Iodine: in Mcg per food 100g,

Kelp 150000, Green Peas (fresh) 402, Mullet 330, Haddock 243, Oats,rolled 200, Cod, 170, French beans, String Beans 155, Herring oil 120, Lobster, Crawfish, 100, Sardines in oil 96, Herring, vinegar cured 91, Clams 90, Seafood 66, Shrimps, Prawns 65, Oysters 58, Halibut 52, Tuna, flesh 50, Salmon, canned 50, Mackerel 49.32, Horse mackerel 48, Herring 39, Sardines, canned 37, Milk, dried skimmed 35.8, Salmon, flesh 34, s 32, Sardines 32s 26, Mackerel, smoked 26, Liver,beef 19, Mushroom,cultivated 18, Sole, fish 17, Tuna, canned 16, Pineapple 16, Broccoli 15, Beef, liver 14, Pork liver 14, Peas, seed, dry 14, Peanuts, roasted 14, Dairy products 13, Peanuts 13, Spinach, fresh, 12, Kale 12, Egg Yolk 11.7, Whole wheat bread (GTF) 11, Cheddar Cheese 11, Black tea 10.67, Bread 10, Cereals 10, Cashews 10, Whole egg 9.79, Eggs 9.789, Spinach, 9, Radishes 8, Turnip 7.5, Barley,without husk 7, Egg White 6.8, Egg Yolk, dried 6.8, Soya beans, 6.3, Human Milk 6.3, Flounder, fish 6.29, Cream,Whipped 6, Cottage Cheese, 6, Gelatine 6, Oats,without husk, whole grain 6, Beef rump 6, Chocolate, milk free 5.5, Chocolate, Milk chocolate 5.5, Edam Cheese 30% fat 5.3, Red cabbage 5.2, Pork muscle only 5.2, Cranberries, Mountain-cranberries 5, Eel, smoked 4.5, Chives 4.2, Peas in pod 4.2, Oatmeal 4.2, Goat's milk 4.1, Cow's milk 4.1, Fruits 4, Perch, river 4, Figs,dried 4, Eel, 4, Brewer's Yeast (GTF) 4, Yoghurt, reduced fat 3.6, Parsnips 3.6, Trout, 3.53, Yoghurt, Milk 3.5, Milk, skimmed 3.4, Sweet corn 3.3, Sheep's liver 3.3, Coffee, roasted 3.29, Lettuce 3.14, Lamb 3, Raisins, Dried Grape, Sultanas 3, Walnuts 3, Butter 2.89, Bananas 2.8, Veal, muscle only 2.8, Garlic 2.7, Garlic, cloves 2.7, Apricots, dried 2.7, Maize, whole grain 2.6, Millet 2.5, Buckwheat flour 2.5, Bread rolls, wheat 2.4, Green Peppers, Paprika 2.3, Zucchini, Summer squash 2.3, Tomato puree, 2.2, Rice,unpolished 2.2, Green peas, canned 2.2, Green peas canned 2.2, Onions 2.09, Spinach, canned 2, Almonds, roasted 2, Rice,polished 1.96, White cabbage 1.93, Cucumber 1.9, Mangos 1.6, Potatoes 1.52, Hazelnuts, Cobnut 1.5, Lemon 1.49, French beans, canned 1.4, Pumpkin, 1.4, Grapefruit 1.3, Leeks 1.3, Oranges 1.2, Coconut 1.2, Apples 1.08, Pears 1.01, Rose hips 1, Blackcurrants 1, Plums 1, Horseradish 1, Watermelon 1, Dates, dried 1, Dates,dried 1, Corn flakes 1, Rhubarb 1, Strawberries 1, Currants, red 1, Blackcurrants 1, Peaches 1, Apple juice 1, Grapefruit Juice, fresh original 1, Orange Juice, fresh original 1, Gooseberries 0.92, Sweet cherries 0.91, Asparagus, canned 0.9, Soya flour, full fat, 0.8, Mandarins 0.8, Grapes, dried 0.7, Asparagus, boiled drained 0.7, Grapes, natural 0.7, Brussels Sprout 0.7, Cauliflower 0.64, White Beans, 0.6, Raspberries 0.6, Wheat whole grain 0.6, Kohlrabi 0.59, Tomatoes, ripe 0.53, Tomato, 0.53, Apricots 0.5, Honey 0.5, Blackberries 0.4, Blackberries, commercia 0.4, Beetroot 0.4, Tuna in oil 0.149, Celery 0.1, Brazil Nuts 0.05

Iron: in Mgs per Food 100g,

Oatmeal 402, Buckwheat flour 202, Garlic, cloves 104, Kelp 100, Brewer's Yeast (GTF) 17.6, Black tea 17.2, Coffee, roasted 16.8, Blackstrap Molasses 16.1, Pork liver 15.79, Sheep's liver 12.4, Soya flour, full fat 12.1, Calf's kidney 11.5, Pumpkin Seeds 11.2, Squash Seeds 11.2, Mungo beans, Black 9.8, Kidneys, beef 9.5, Millet 9, Wheat Germ, 7.95, Calf's liver 7.9, Liver, calf 7.9, Sheep's kidney 7.5, Chicken liver 7.4, Pistachio Nuts 7.3, Egg Yolk 7.2, Sunflower Seeds 7.1, Beef, liver 7.01, French beans, dried 7, Chick-peas, dry 6.96, Millet 6.8, Cowpeas, dry 6.69, Soya beans, 6.64, Black Pudding 6.4, Lima Beans, dry 6.27, Parsley 6.2, White Beans 6.17, Clams 6.1, Beet-sugar, unrefined 6, Oats, without husk, whole grain 5.8, Parsley leaf 5.5, Tofu 5.36, Liverwurst, Liver sausage 5.3, Sausage, liver 5.3, Peas, seed, dry 5.02, Anchovies 4.9, Oats, rolled 4.61, Coffee powder 4.4, Apricots, dried 4.4, Almonds, roasted 4.13, Spinach, fresh 4.1, Heart, Beef 3.99,

Nutrient Sources

Prunes, dried 3.9, Hazelnuts, Cobnut 3.8, Calf's heart 3.7, Beef, lean 3.7, Wheat Bran 3.58, Rabbit meat 3.5, Jerusalem Artichoke 3.4, Brazil Nuts 3.4, Wheat whole grain 3.31, Figs, dried 3.3, Beet Greens 3.3, Chocolate, milk free 3.2, Buckwheat 3.2, Swiss Chard 3.2, Water cress 3.14, Dandelion leaves 3.1, Dandelion greens 3.1, Walnuts, English 3.1, Cress 2.9, Sardines, canned 2.86, Cashews 2.8, Barley, without husk 2.8, Sardines in oil 2.7, Beans, cooked and dried 2.7, Rice, unpolished 2.6, Blueberries, canned 2.6, Walnuts 2.5, Sardines 2.4, Corn flour 2.4, Sesame Seeds, hulled 2.4, Pecans nut 2.4, Peanuts, roasted 2.32, Chocolate, Milk chocolate 2.3, Raisins, Dried Grape, Sultanas 2.27, Ham 2.25, Coconut 2.25, Beef rump 2.21, Whole egg 2.1, Eggs 2.1, Veal, muscle only 2.1, Carrots 2.1, Lentils 2.1, Crayfish, Small lobster 2, Beef, sirloin steak 2, Corn flakes 2, Lamb's lettuce 2, Kale 1.9, Chives 1.9, Dates, dried 1.9, Dates, dried 1.9, Tofu 1.9, Lamb 1.9, Green Peas (fresh) 1.84, Peas in pod 1.84, Peanuts 1.82, Mutton 1.8, Pork chops 1.8, Olives, green marinated 1.8, Pickled cucumber 1.63, Lamb, muscle only 1.6, Boysenberries 1.6, Brown Rice 1.6, Ripe olives 1.6, Green peas, canned 1.53, Turkey, young with skin 1.5, Mullet 1.5, Artichoke 1.5, Pork, Hind leg 1.5, Radishes 1.5, Zucchini, Summer squash 1.5, Liver, beef 1.43, Caviar 1.4, Turkey, adult animal with skin 1.4, Garlic 1.4, Horseradish 1.4, Corn Oil, Maize oil 1.3, Maize oil, 1.3, Green peas, boiled 1.3, Broccoli 1.3, Passion Fruit, Passionfruit 1.3, French beans, canned 1.3, Honey 1.3, Blackcurrants 1.29, Wheat flour type 630 1.28, Oyster mushrooms 1.23, Tuna in oil 1.2, Mackerel, smoked 1.2, Bread rolls, wheat 1.2, Mushroom, cultivated 1.19, Cassava tuber 1.19, Herring 1.1, Chicken Breasts 1.1, Brussels Sprout 1.1, Whole wheat bread (GTF) 1.1, Pork muscle only 1.09, Salmon, canned 1.07, Lentil sprouts 1.04, Parmesan Cheese 1.02, Salmon, flesh 1, Mackerel 1, Lobster, Crawfish, 1, Tuna, flesh 1, Perch, river 1, Catfish 1, Leeks 1, Raspberries 1, Tomato puree 1, Strawberries 0.96, Beetroot 0.93, Currants, red 0.91, Kohlrabi 0.9, Yam tuber 0.9, Asparagus, canned 0.9, Blackberries, commercial 0.9, Blackberries 0.9, Soya bean sprouts 0.897, Bream 0.877, Parsley Root 0.85, French beans, String Beans 0.83, Milk, dried skimmed 0.8, Sole, fish 0.8, Mushrooms, canned 0.8, Pumpkin 0.8, Kiwi Fruit 0.8, Mushrooms 0.8, Pumpkins 0.8, Winter Squash 0.77, Green Peppers, Paprika 0.75, Blueberries, Bilberries, Huckleberries 0.74, Chicken for roasting 0.737, Red wine 0.71, Bamboo shoots 0.7, Appricots, canned 0.7, Sweet potatoes 0.7, Beets 0.7, Eggplant 0.7, Eel, smoked 0.67, Apricots 0.65, Cauliflower 0.63, Gooseberries 0.63, Parsnips 0.62, Pike, river 0.615, Haddock 0.61, Split Peas 0.61, Edam Cheese 30% fat 0.6, Eel, 0.6, Rice, polished 0.6, Sauerkraut 0.6, Asparagus, boiled drained 0.6, Cherries 0.6, White wine 0.6, Corn 0.6, Avocados 0.6, Cheddar Cheese 0.59, Carrots, boiled 0.57, Tomato juice 0.56, Halibut 0.55, Bananas 0.55, Tomato 0.55, Tomatoes, ripe 0.55, Flounder, fish 0.54, Rhubarb 0.53, Rose hips 0.52, Grapes, natural 0.51, Brown Rice, cooked 0.5, Gouda cheese 45% fat 0.5, Brie Cheese 0.5, Celery 0.5, Onions 0.5, Red cabbage 0.5, White cabbage 0.5, Nectarines 0.5, Cucumber 0.5, Cherries, canned 0.5, Sweet cherries, canned 0.5, Cranberries, Mountain-cranberries 0.5, Peaches 0.48, Mung Bean Sprouts 0.46, Lemon 0.45, Trout, 0.441, Cod, 0.44, Turnip 0.44, Plums 0.44, Papayas, Pawpaw, Paw paw 0.42, Potatoes 0.403, Sweet corn 0.401, Mangos 0.4, Watermelon 0.4, Pineapple 0.4, Pears, canned 0.4, Summer squash 0.4, Oranges 0.4, Grapes, dried 0.37, Sweet cherries 0.35, Grapefruit 0.34, Lettuce 0.336, Mandarins 0.3, Peaches, canned 0.3, Apple puree 0.3, Pineapple, canned 0.3, Cottage Cheese, 0.3, Orange juice, unsweetened product 0.27, Pears 0.26, Apple juice 0.26, Acerola 0.24, Grapefruit Juice, fresh original 0.22, Mozzarella Cheese 0.2, Macadamia Nuts 0.2, Egg White 0.2, Orange Juice, fresh original 0.2, Blue Cheese 0.18, Camembert cheese 0.17, Milk, skimmed 0.12, Buttermilk 0.1, Whey 0.1, Tea, clear, drink 0.08, Human milk 0.057, Apples 0.053, Goat's milk 0.05, Yoghurt, Milk 0.046, Cow's milk 0.046, Yoghurt, reduced fat 0.044, Sunflower Seed Oil, refined 0.03, Cotton seed oil, Cottonseed

Nutrient Sources

oil 0.03, Coconut oil 0.02, Beer, Alcohol free 0.015

Isoleucine (ISL), Leucine (LEU) and Valine (VAL) are branched-chained amino acids that work together to protect muscle and act as fuels. They enhance energy, valuable to athletes, increase endurance and help in healing and repairing muscle tissues. Isoleucine and leucine stabilize and regulate blood sugar levels. Deficiency of leucine may lead to symptoms of hypoglycemia. They are recommended in healing after surgery. They promote the healing of bones, skin, muscle tissues, increase growth hormone production. When taking supplemental forms of these amino acids they should be taken in the ratio of ISL:LEU:VAL= 1:2:1

ISL, LEU, VAL in Mgs per 100g of food,

(Figures behind food source represent Isoleucine, Leucine and Valine respectively)

Brewer's Yeast (GTF), 2490, 3350, 2730, Parmesan cheese, 2392.86, 3500, 2571.43, Milk, dried skimmed, 2240, 3430, 2400, Mungo beans, Black , 2170, 1320, 1460, Soya flour, 2163.64, 3116.36, 2126.36, Pork, fried liver, 2152.1739, 3776.521, 2558.2608, Parmesan Cheese, 1930, 3500, 2520, Soya flour, full fat, 1900, 2880, 1970, Peas, seed, dry, 1880, 2340, 1820, Edam cheese, 1867.86, 2767.86, 2053.57, Cheddar cheese, 1810, 2520, 1810, Soya beans, 1780, 2840, 1760, Cowpeas, dry, 1660, 2110, 1740, Pumpkin seeds, 1623.91, 2290.87, 1566.09, Cheddar cheese, 1563, 2262, 1665, Flounder (baked), 1519.8675, 2235.099, 1579.47, Chicken liver, 1510, 2340, 1550, White Beans, 1490, 2260, 1630, Edam Cheese 30% fat, 1490, 2680, 1900, Tuna, canned in oil drained, 1471.74, 2164.2384, 1529.8, Caviar, 1470, 2300, 1600, Trout , 1468.87, 1611.92, 1529.8, Chicken Breasts, 1430, 1980, 1320, Gelatine, 1370, 2740, 2130, Sunflower seeds, 1370, 1710, 1260, Pork liver, 1340, 2120, 1450, Gouda cheese 45% fat, 1340, 2620, 1850, Camembert cheese, 1340, 2250, 1620, Wheat Germ, 1320, 2170, 1680, Wheat germ, 1320, 2170, 1680, Beef, sirloin steak, 1290, 2100, 1410, Chicken for roasting, 1290, 1780, 1180, Lima Beans, dry, 1290, 1900, 1450, Pork muscles only, 1270, 1920, 1420, Halibut, 1270, 1940, 1300, Hake, 1270, 1440, 1100, poultry, turkey, 1260, 1836, 1187, Peanuts (roasted), 1246.67, 1846.67, 1506.67, Pork chops, 1240, 1890, 1400, Peanuts, 1230, 2030, 1450, Peanuts, roasted, 1230, 2030, 1450, Peanut butter, 1228, 1816, 1487, Beef rump, 1220, 1980, 1320, Mutton, 1210, 1800, 1180, Tuna, flesh, 1210, 2170, 1420, Blue Cheese, 1190, 2140, 1460, Sardines, 1190, 1870, 1450, Chick-peas dry- 1189, 1517, 1004, Turkey, young with skin, 1180, 1710, 1110, Pistachios, 1180, 1800, 1344, Perch, river, 1180, 1800, 1220, Tuna in oil, 1170, 1740, 1260, Cashews , 1160, 1440, 1510, Salmon, flesh, 1160, 1770, 1390, Beef, liver, 1150, 1990, 1470, Chick-peas, dry, 1140, 1460, 980, Sirloin steak, 1135.32, 1790.286, 1200.883, Cashews, 1135, 1410, 1479, Sardines in oil, 1120, 1910, 1300, Catfish, 1110, 1430, 1090, Beef (roast), 1104.19, 1741.28, 1167.99, Chicken breasts, 1102.7932, 1518.9944, 1061.4525, Mullet, 1090, 1950, 1240, Haddock, 1090, 1660, 1160, Pork, Hind leg, 1090, 1660, 1230, Egg Yolk, 1090, 1630, 1240, Calf's liver , 1090, 1940, 1390, Mackerel, 1090, 1800, 1210, Rabbit meat, 1080, 1630, 1020, Brie Cheese, 1080, 2050, 1420, Trout, 1070, 1780, 1250, Pork (roasted), 1069.9777, 1553.4216, 1093.3774, Horse mackerel, 1050, 1580, 1170, Lemon sole, 1040, 1680, 1170, Herring, 1040, 1750, 1210, pickled herring, 1039.9558, 1529.8, 1080.794, Veal roast, Roast veal, 1035.32, 1426.048, 996.4679, veal, 1030, 1429, 1008, Salmon, canned, 1030, 1540, 1180, Kidneys, beef, 1020, 1720, 1150, Salami, Sausage, 1010, 1510, 1050, Turkey, adult animal with skin, 1010, 1470, 950, Calf liver (fried), 999.779, 1788.079, 1195, Lima beans, 992, 1628, 1030, Cod, 990, 1690, 1090, Ham, 990, 1640, 1110, Cottage cheese, 989, 1826, 978, Chicken (breasts), 980, 1340, 910, Fish, cod (canned), 979.03, 1458.94, 1017.88, Halibut, 943, 1405, 991, Pike,

Nutrient Sources

river, 940, 2390, 930, Lamb (leg), 933, 1394, 887, Whole egg, 930, 1260, 1120, Eggs, 930, 1260, 1120, Prawns (cooked), Shrimps, 924.28, 1377.48, 960.49, Flounder, fish, 920, 1600, 1060, Sole, fish, 920, 1660, 1030, Sheep's liver, 920, 1660, 1220, Eel, 920, 1670, 1190, Sesame seeds, 892.17, 1504.78, 848.7, Salmon, canned pink, 883, 1314, 927, Almonds, roasted , 880, 1450, 1140, Almonds, 872.93, 1454.14, 1140, Sheep's kidney, 870, 1460, 980, Eel, smoked, 860, 1410, 990, Pork, (loin), 842, 1207, 853, boiled egg , 840, 1118, 940, Fresh raw cod, 837, 1246, 879, Liver (cooked), 835.76, 1853.86, 1255.85, Herring, vinegar cured, 830, 1310, 920, Liverwurst, 818, 1400, 1037, Calf's kidney, 810, 1450, 980, Lobster, Crawfish, 790, 1650, 800, Pork, ham, 781, 1119, 790, Chicken liver, 779.249, 1815.67, 735.099, Lamb (rib), 772, 1154, 734, Hazelnuts, 770, 890, 870, Wheat Bran, 770, 1120, 880, Liverwurst, Liver sausage, 769, 1330, 987, Sausage, liver, 769, 1330, 987, Lobster, Crawfish, 760, 880, 860, Egg White, 740, 1080, 980, Egg Yolk, dried, 740, 1080, 980, Oatmeal, rolled oats, 733, 1065, 845, Hazelnuts, 713.333, 786.666, 786.666, Oatmeal, 700, 1240, 920, Walnuts, 670, 1140, 770, Soybeans (cooked), 649, 935, 638, Oats,rolled, 610, 1130, 810, Brazils, 592.81, 1128.74, 780, Wholewheat flour, 573.33, 893.33, 615.83, Brazil Nuts, 560, 1070, 780, Oats,without husk, whole grain, 560, 1020, 790, Pecans, 553, 773, 525, Millet, 550, 1350, 610, Lentils (cooked), 540, 954, 626, Green Peas (fresh), 540, 670, 520, Peas in pod, 540, 670, 520, Oysters, 540, 820, 520, Wheat whole grain, 540, 920, 620, Buckwheat flour, 520, 800, 730, Buckwheat, 490, 660, 660, Wheat flour type 630, 490, 860, 530, Bread rolls, wheat, 480, 760, 490, Wholewheat bread, 460.87, 865.22, 491.3, Barley,without husk, 460, 800, 580, Maize, whole grain, 430, 1220, 510, Mushrooms (tinned), 420, 222, 298, pork, cured, bacon medium fat, 399, 728, 434, Corn flour, 380, 1080, 430, Brown rice , 355.26, 648.95, 528.42, Rice, unpolished, 340, 690, 500, Rice,polished, 340, 660, 490, Corn flakes, 330, 1240, 440, Beans, red kidney, canned, 324, 490, 346, Cornflakes, 306, 1047, 386, Beans (green cooked), 300, 5800, 200, Potato dumpling, 300, 470, 400, Potato soup, 270, 430, 350, Yoghurt (part skimmed), 240, 410, 300, Yoghurt, Milk, 240, 410, 300, Milk, Goat's, 230, 390, 280, Buttermilk, 220, 350, 260, Yoghurt, reduced fat, 220, 380, 270, Skim milk, 220, 340, 240, Cow's milk, 220, 360, 240, Parsley leaf, 214, 300, 300, Brussels Sprout , 210, 230, 250, Coconut, 200, 310, 220, Green peas, canned, 140, 230, 160, Kale, 140, 250, 230, Figs,dried, 140, 140, 140, Broccoli, 130, 160, 170, Sweet corn, 130, 350, 220, Lamb's lettuce, 130, 140, 110, Spinach, fresh, 120, 190, 140, Brown rice (cooked), 119.33, 218, 177.33, Oatmeal (cooked), 116.53, 212.29, 135.17, Potato (baked with skin), 114, 130, 138, Avocados, 111, 197, 172, Oyster mushrooms, 110, 170, 140, Mushroom,cultivated, 110, 120, 90, Cauliflower, 110, 170, 150, Beans, French beans, String Beans, 110, 140, 130, Cauliflower, 104, 162, 144, Potato, 100, 140, 130, Potatoes, 100, 140, 130, Spinach, canned, 100, 170, 120, White rice (cooked), 94, 172, 140, Mushrooms,canned, 94, 150, 110, Kohlrabi, 89, 78, 58, Parsley Root, 89, 117, 138, Bamboo shoots, 84, 136, 104, Leeks, 77, 131, 93, Milk Human, 77, 130, 81, Water cress, 72, 120, 79, Lettuce, 70, 77, 66, Asparagus, 69, 83, 91, Asparagus, canned, 69, 69, 91, Asparagus (canned), 69, 83, 92, Dates,dried, 60, 62, 76, Horseradish, 59, 72, 85, Whey, 58, 96, 63, Peaches, canned, 55, 82, 80, Parsnips, 52, 70, 70, Beetroot, 49, 53, 47, Raisins, Dried Grape, Sultanas, 47, 75, 71, Grapes, dried, 47, 75, 71, Carrots , 46, 65, 56, French beans, canned, 45, 83, 59, Butter, 45, 74, 51, Green Peppers, Paprika, 45, 45, 32, Red cabbage, 43, 61, 46, Carrots, 43, 42, 40, Pumpkin, 40, 58, 41, White cabbage, 39, 56, 42, Banana, 38, 85, 57, Bananas, 38, 85, 57, Carrots (cooked), 36, 42, 44, Tomato , 32, 45.33, 30.67, Tomato, 23, 30, 23, Oranges, 20, 32, 33, Cucumber, 19, 25, 21, Onions, 19, 33, 28, Mandarins, 19, 18, 26, Lemon, 19, 18, 25, Strawberries, 19, 44, 25, Tomato juice, 19, 25, 19, strawberries, 18.12, 42.28, 22.82, Turnip, 18, Rhubarb, 17, 24, 26, Sweet cherries,

Nutrient Sources

16, 23, 22, Peach, 13, 29, 40, Peaches, 13, 28, 39, Grapefruit Juice, fresh original, 10, 15, 15, Grapefruit, 10, 15, 14, Apple, 10, 16, 12, Apples, 10, 16, 12, Orange juice, unsweetened product, 6.6, 12, 9.9, Apple juice, 2, 4, 3, Orange, 0, 0, 0

Linoleic Acid (Omega-6) in Mg per Food 100g,

Safflower oil 74400, Poppy seed oil 72800, Poppy seed oil 72800, Grapeseed oil 65900, Grapeseed oil 65900, Sunflower Seed Oil, refined 62650, Sunflower seed oil, Sunflower oil 62650, Walnut oil 57800, Wheat Germ Oil 55300, Soyabean oil 54200, Soybean Oil, refined 54200, Corn Oil, Maize oil 52250, Maize oil, 52250, Pumpkin seed oil 51300, Cotton seed oil, Cottonseed oil 48800, Sesame seed oil 42700, Sesame seed oil 42700, Walnuts, 34100, Brazil Nuts 24900, Peanut Oil 21550, Rapeseed oil 19700, Pecans nut 16900, Peanuts, roasted 14300, Linseed oil, Flaxseed oil 13900, Peanuts 13900, Soya flour, full fat 10700, Palm oil 10100, Almonds, roasted 9860, Soya beans, 9800, Olive oil 8050, Cashews 6700, Sheabutter (Oil) 6700, Hazelnuts 6300, Wheat Germ 4400, Turkey, adult animal with skin 4190, Chicken 4070, Egg yolk 3800, Oatmeal 2930, Oats, without husk, whole grain 2740, Oats, rolled 2600, Palm kernel oil 2400, Wheat Bran 2200, Avocados 1970, Chicken for roasting 1890, Ham 1860, Millet 1770, Coconut oil 1650, Maize, whole grain 1630, Turkey, young with skin 1490, Corn flour 1410, Whole egg 1350, Eggs 1350, Cocoa butter 1300, Macadamia Nuts 1300, Eel, 1230, Butter 1200, Liverwurst, Liver sausage 1190, Sausage, liver 1190, Barley, without husk 1150, Olives, green marinated 1120, Wheat whole grain 1100, Chicken Breasts 1060, Eel, smoked 1000, Rice, unpolished 780, Coconut 680, Pork, Hind leg 680, Peas, seed, dry 630, Elderberries, black 610, Blue Cheese 560, Cheddar cheese 560, Lima Beans, dry 559, Buckwheat 530, Whale oil 480, Pork liver 479, Salmon, flesh 447, Cowpeas, dry 443, Human milk 380, Mozzarella Cheese 350, Calf's heart 330, Pork chops 310, Sardines in oil 300, Gouda cheese 45% fat 280, Parmesan Cheese 270, Shark oil 270, Trout, 270, Tuna, flesh 265, Camembert Cheese 250, Edam Cheese 30% fat 250, Green Peas (fresh) 247, Peas in pod 247, Parsnips 230, Parsley root 220.5, Rice, polished 220, Veal, muscle only 197, Apple 174, Apples 174, Mackerel, 170, Herring 153, Mushroom, cultivated 149, Beef, Roastbeef, Sirloin 140, Beef, sirloin steak 140, Mungo beans, Black 140, Leeks 139, Chives 132, Strawberries 132, Kale 130, Bamboo shoots 120, Green Peppers, Paprika 117, Grapes, Natural 111, Pork muscles only 110, Pears 108, Carrots 104.5, Carrots, boiled 104.5, Cress 96, Onions 93, Tomato 91, Lamb, muscle only 90, Yoghurt, Milk 90, Cow's milk 89, Sardines 87.6, Beef rump 78, Bream 76, Parsley leaf 72, Asparagus 70, Blackcurrants 69, Kidneys, beef 66.2, Plums 63, Beef Muscle only 62.960, Garlic 62, Garlic, cloves 62, Calf's kidney 61, Mullet 60, Mutton 60, Red cabbage 54, Beans, French beans, String Beans 53, Rhubarb 53, Lettuce 52, Oranges 51.83, Horseradish 51, Anchovies 50, Sole, fish 47.5, Sweet cherries 47, Cucumber 46, Grapefruit 42, Beetroot 41, Currants, red 41, Yoghurt, reduced fat 41, Gooseberries 39, Brussels Sprout 38.5, Hake 37.83, Bananas 34.5, Potatoes 32.130, Lobster, Crawfish, 30, Cauliflower 29, Pike, river 27.57, Watermelon 27, White cabbage 26.5, Kohlrabi 24, Cod, 22.830, Halibut 17.8, Perch, river 11, Haddock 10.2, Oysters 10, Spinach, fresh 10, Radishes 9.2, Mangos 9, Yam tuber 1.2,

Linolenic (Omega-3) in Mg per Food 100g, Linseed oil, Flaxseed oil 54200, Walnut oil 13500, Rapeseed oil 9150, Wheat Germ Oil 7800, Soyabean oil 7700, Soybean Oil, refined 7700, Walnuts, 6800, Eel, smoked 1520, Soya flour, full fat 1400, Poppy seed oil 1000, Poppy seed oil 1000, Corn Oil, Maize oil 930, Maize oil, 930, Soya beans, 930, Olive oil 855, Pecans nut 850, Cotton seed oil, Cottonseed oil 740, Eel, 660, Wheat Germ 590, Ham 570, Mungo beans, Black

Nutrient Sources

570, Salmon, flesh 551, Peanuts, roasted 540, Peanuts 530, Elderberries, black 510, Sunflower Seed Oil, refined 500, Sunflower seed oil, Sunflower oil 500, Palm oil 500, Pumpkin seed oil 487, Grapeseed oil 480, Grapeseed oil 480, Safflower oil 470, Liverwurst, Liver sausage 460, Sausage, liver 460, Gouda cheese 45% fat 420, Cocoa butter 400, Cheddar cheese 380, Kale 354, Sheabutter (Oil) 300, Parmesan Cheese 300, Cress 290, Chives 288, Tuna, flesh 275, Blue Cheese 270, Cowpeas, dry 262, Almonds, roasted 260, Mackerel, 250, Lima Beans, dry 249, Turkey, adult animal with skin 230, Egg yolk 220, Pork, Hind leg 210, Chicken 180, Wheat Bran 160, Peas, seed, dry 160, Brussels Sprout 156, Cashews 150, Hazelnuts 150, Sardines in oil 150, Camembert Cheese 150, Edam Cheese 30% fat 150, Mozzarella Cheese 140, Spinach, fresh 134, Millet 130, Olives, green marinated 130, Oats, without husk, whole grain 120, Parsley leaf 120, Horseradish 116, Strawberries 112, Chicken for roasting 110, Barley, without husk 110, Cauliflower 109, Oats, rolled 100, Bream 90, White cabbage 87, Oatmeal 82, Turkey, young with skin 81, Buckwheat 80, Wheat whole grain 76, Pork chops 75, Lettuce 71, Whole egg 70, Green Peppers, Paprika 67, Mangos 67, Oyster mushrooms 62, Beans, French beans, String Beans 62, Herring 61.67, Cow's milk 61, Calf's kidney 61, Yoghurt, Milk 60, Bamboo shoots 52, Beef, Roastbeef, Sirloin 51, Beef, sirloin steak 51, Green Peas (fresh) 50, Peas in pod 50, Lamb, muscle only 50, Chicken Breasts 48.63, Pike, river 47.33, Kohlrabi 47, Apple 46, Apples 46, Sweet cherries 46, Radishes 46, Hake 44.03, Sardines 43.8, Red cabbage 43.5, Cucumber 42, Maize, whole grain 40, Watermelon 40, Oysters 40, Leeks 37, Grapes, Natural 36, Pears 36, Kidneys, beef 34.600, Blackcurrants 34, Currants, red 32, Parsley root 31.5, Plums 31, Rice, unpolished 30, Anchovies 30, Gooseberries 28, Oranges 27.83, Pork muscles only 27, Beef rump 27, Mullet 26.67, Bananas 25.5, Halibut 25.3, Corn flour 25, Potatoes 22.75, Human milk 22, Beef Muscle only 21.650, Parsnips 21, Mutton 20, Pork liver 18.2, Rhubarb 17, Onions 13, Carrots 12.3, Carrots, boiled 12.3, Rice, polished 12, Grapefruit 12, Yoghurt, reduced fat 11, Sole, fish 10, Lobster, Crawfish, 10, Veal, muscle only 9.1, Tomato 9, Beetroot 8.2, Asparagus 6, Garlic 5.5, Garlic, cloves 5.5, Haddock 5.1, Cod, 3.2, Eggs 0.07, Avocados 0.001, Calf's heart 0.001, Trout, 0.001

Lysine: is an essential amino acid, building block of all proteins, needed for proper growth and bone development in children, helps calcium absorption, maintains nitrogen balance, production of antibodies, hormones, enzymes, helps collagen formation, tissue repair, muscle growth, recovering after surgery, lowers triglycerides. High levels together with low levels of arginine (see) help fight herpes virus together with vitamin C. Deficiency: anaemia, blood shot eyes, irritability, lack of energy, poor appetite, weight loss, reproductive disorders

Lysine in Mgs per 100g of food:

Gelatine 3800, Brewer's Yeast (GTF) 3540, Pork, fried liver, 3046, Parmesan Cheese 2980, Gouda cheese 45% fat 2790, Milk, dried skimmed 2720, Flounder (baked), 2623, Parmesan cheese, 2607, Soya flour, full fat, 2560, Tuna, canned in oil drained, 2540, Soya flour, 2531, Edam Cheese 30% fat 2390, Blue Cheese 2380, Sardines 2280, Chicken Breasts 2270, Sardines in oil 2240, Tuna, flesh 2210, Pork muscles only 2200, Pistachios, 2190, Perch, river 2190, poultry, turkey, 2173, Beef, sirloin steak 2170, Pork chops 2160, Peas, seed, dry 2130, Edam cheese, 2111, Mungo beans, Black 2080, Caviar 2070, Cheddar cheese 2070, Beef rump 2050, Cod, 2050, Mullet 2040, Chicken for roasting 2040, Turkey, young with skin 2030, Salmon, flesh 2020, Trout, 2020, Mutton 2000, Lobster, Crawfish, 1990, Tuna in oil 1980, Chicken liver 1960, Brie Cheese 1960, Haddock, raw 1930, Wheat Germ 1900, Wheat germ, 1900, Soya beans, 1900, Pork, Hind leg 1900, Camembert cheese 1900, Sirloin steak, 1899, Trout , 1892, White Beans, 1870, Ham 1870, Sole, fish 1860, Beef (roast), 1847, Lemon sole 1840,

Nutrient Sources

Pork liver 1830, Flounder, fish 1820, Rabbit meat 1810, Horse mackerel 1800, Sheep's liver 1800, pickled herring, 1775, Salmon, canned pink, 1771, Herring 1750, Beef, liver 1750, Calf's liver 1740, Turkey, adult animal with skin 1740, Mackerel, 1730, Pork (roasted) 1723, Cheddar cheese, 1702, Salami, Sausage 1690, Lobster, Crawfish, 1690, Fish, cod (canned), 1690, Halibut, 1631, Chicken (breasts), 1630, veal, 1629, Veal roast, Roast veal 1622, Prawns (cooked), Shrimps 1595, Cowpeas, dry 1570, Halibut 1560, Hake 1560, Catfish 1560, Herring, vinegar cured 1510, Liver (cooked), 1495, Lima beans, 1488, Chicken liver, 1480, Lima Beans, dry 1470, Lamb (leg), 1457, Fresh raw cod, 1447, Cottage cheese, 1428, Chick-peas dry- 1415, Kidneys, beef 1410, Chick-peas, dry 1370, Eel, 1360, Pork, (loin), 1346, Eel, smoked 1340, Pumpkin seeds, 1334, Liverwurst, 1301, Egg yolk 1300, Sheep's kidney 1300, Pork, ham, 1248, Liverwurst, Liver sausage 1240, Sausage, liver 1240, Calf's kidney 1210, Lamb (rib), 1206, Salmon, canned 1200, Peanuts 1100, Peanuts (roasted), 1080, Peanut butter, 1066, Lentils (cooked), 898, Sunflower seeds, 890, Whole egg 890, Eggs 890, Crayfish, Small lobster 850, boiled egg , 812, Buckwheat flour 770, Soybeans (cooked), 759, Cashews 750, Cashews, 740, Egg White 740, Egg Yolk, dried 740, Wheat Bran 720, Oysters 720, Green Peas (fresh) 610, Peas in pod 610, pork, cured, bacon medium fat, 587, Almonds, 582, Almonds, roasted 580, Oatmeal 580, Buckwheat 580, Potato dumpling 570, Oats,without husk, whole grain 550, Sesame seeds, 546, Oatmeal, rolled oats, 521, Potato soup 510, Oats,rolled 500, Calf liver (fried), 447, Walnuts, 440, Pecans, 435, Beans, red kidney, canned, 423, Brazils, 420, Brazil Nuts 420, Wheat whole grain 380, Barley,without husk 380, Hazelnuts 380, Beans (green cooked), 371, Wholewheat flour, 360, Hazelnuts, 353, Milk, Goat's 340, Buttermilk, 330, Yoghurt (part skimmed), 310, Yoghurt, Milk 310, Wholewheat bread, 309, Rice, unpolished 300, Brown rice , 294, Maize, whole grain 290, Rice,polished 290, Millet 280, Parsley leaf 280, Cow's milk 280, Yoghurt, reduced fat 280, Skim milk, 270, Wheat flour type 630 260, Brussels Sprout 250, Corn flour 240, Kale 240, Green peas, canned 230, Pike, river 215, Bread rolls, wheat 190, Corn flakes 180, Mushroom,cultivated 170, Spinach, fresh, 160, Avocados 155, Cornflakes, 154, Coconut 150, Broccoli 150, Oyster mushrooms 150, Figs,dried 140, Cauliflower 140, Spinach, canned 140, Mushrooms,canned 140, Beans, French beans, String Beans 140, Leeks 139, Potato (baked with skin), 138, Cauliflower, 134, Sweet corn 130, Potato 130, Potatoes 130, Bamboo shoots 128, Parsley Root 113, Peanuts, roasted 110, Lamb's lettuce 110, Brown rice (cooked), 99, Oatmeal (cooked), 94, Asparagus 89, Asparagus (canned), 89, Asparagus, canned 89, Human Milk 86, Beetroot 82, Horseradish 81, Whey 79, White rice (cooked), 78, Parsnips 78, Raisins, Dried Grape, Sultanas 71, Grapes, dried 71, Red cabbage 71, Lettuce 70, French beans, canned 66, Peaches, canned 65, White cabbage 65, Kohlrabi 64, Banana, 57, Bananas 57, Onions 57, Butter 54, Pumpkin 53, Carrots , 52, Turnip 51, Green Peppers, Paprika 50, Carrots (cooked), 47, Carrots 47, Tomato , 46, Dates,dried 44, Oranges 39, Mandarins 36, Lemon 35, Strawberries 34, strawberries, 32, Sweet cherries 31, Peach, 30, Peaches 29, Tomato, 29, Orange, 27, Cucumber 26, Rhubarb 25, Tomato juice 23, Celery 19, Grapefruit 19, Grapefruit Juice, fresh original 19, Apple 15, Apples 15, Water cress 9, Orange juice, unsweetened product 9, Apple juice 5, Mushrooms (tinned), 0,

Lysine & Glycine in Mgs per 100g Foods

Gelatine, 3800, 22960, Parmesan Cheese, 2980, 700, Gouda cheese 45% fat, 2790, 500, Soya flour, full fat, 2560, 1680, Edam Cheese 30% fat, 2390, 560, Blue Cheese, 2380, 510, Chicken Breasts, 2270, 1560, Tuna, flesh, 2210, 1170, Pork muscles only, 2200, 1420, Perch, river, 2190, 1010, Beef, sirloin steak, 2170, 1590, Pork chops, 2160, 1400, Peas, seed, dry, 2130, 590, Mungo beans, Black , 2080, 950, Caviar, 2070, 830, Cheddar cheese, 2070, 470, Beef rump, 2050, 1500,

Nutrient Sources

Cod, 2050, 940, Mullet, 2040, 1380, Chicken for roasting, 2040, 1400, Salmon, flesh, 2020, 1630, Trout, 2020, 1470, Mutton, 2000, 1430, Lobster, Crawfish, 1990, 1120, Chicken liver, 1960, 1560, Wheat Germ, 1900, 2160, Soya beans, 1900, 1420, Pork, Hind leg, 1900, 1230, Camembert cheese, 1900, 480, White Beans, 1870, 950, Ham, 1870, 1190, Sole, fish, 1860, 1140, Lemon sole, 1840, 1040, Pork liver, 1830, 1460, Flounder, fish, 1820, 930, Horse mackerel, 1800, 1940, Sheep's liver, 1800, 1050, Herring, 1750, 1130, Beef, liver, 1750, 1490, Calf's liver, 1740, 1420, Mackerel, 1730, 1410, Lobster, Crawfish, 1690, 970, Cowpeas, dry, 1570, 1080, Halibut, 1560, 1150, Hake, 1560, 1740, Catfish, 1560, 1040, Lima Beans, dry, 1470, 1280, Kidneys, beef, 1410, 1390, Eel, 1360, 1290, Egg Yolk, 1300, 620, Peanuts, 1100, 1640, Whole egg, 890, 530, Eggs, 890, 530, Buckwheat flour, 770, 830, Egg White, 740, 500, Egg Yolk, dried, 740, 500, Wheat Bran, 720, 1320, Oysters, 720, 800, Green Peas (fresh), 610, 170, Peas in pod, 610, 170, Oatmeal, 580, 960, Buckwheat, 580, 790, Potato dumpling, 570, 290, Oats, without husk, whole grain, 550, 780, Potato soup, 510, 250, Oats, rolled, 500, 850, Walnuts, 440, 1030, Wheat whole grain, 380, 720, Barley, without husk, 380, 540, Rice, unpolished, 300, 460, Maize, whole grain, 290, 430, Rice, polished, 290, 410, Millet, 280, 330, Parsley leaf, 280, 214, Yoghurt, reduced fat, 280, 86, Wheat flour type 630, 260, 460, Pike, river, 215, 620, Bread rolls, wheat, 190, 580, Corn flakes, 180, 340, Avocados, 155, 158, Figs, dried, 140, 260, Leeks, 139, 75, Potatoes, 130, 120, Bamboo shoots, 128, 84, Parsley Root, 113, 80, Peanuts, roasted, 110, 1640, Human Milk, 86, 36, Horseradish, 81, 49, Parsnips, 78, 42, Raisins, Dried Grape, Sultanas, 71, 63, Peaches, canned, 65, 58, Bananas, 57, 42, Butter, 54, 17, Oranges, 39, 23, Mandarins, 36, 70, Lemon, 35, 67, Strawberries, 34, 34, Sweet cherries, 31, 19, Peaches, 29, 15, Tomato, 29, 18, Rhubarb, 25, 17, Tomato juice, 23, 14, Grapefruit, 19, 10, Grapefruit Juice, fresh original, 19, 10, Apple, 15, 9, Apples, 15, 9, Orange juice, unsweetened product, 8.8, 8.8, Apple juice, 5, 2

Magnesium: in Mg per 100g Food, Kelp 732.39, Wheat Bran 590, Cocoa (dry powder) 520, Basil Powder 410, Coffee powder 390, Cumin 390, Pine Nuts 368, Soya flour, low fat 290, Curry Powder 284, Cashews 267, Blackstrap Molasses 258, Cowpeas, dry 250, Snails (helix) 250, Wheat Germ, 250, Soya flour, full fat 247, Mungo beans, Black 243, Soybean Meal 240, Soybeans 235, Brewer's Yeast (GTF) 231, Yeast, dried Baker's 230, Dulce 220, Soya beans, 220, Milo 210, Lima Beans, dry 207, Coffee, roasted 201, Filberts 184, Black tea 184, Peanuts, roasted 182, Peanut Butter 180, Millet 170, Almonds, roasted 170, Yeast, Torula 165, Millet 162, Paprika (capsicum) 160, Wheat, whole grain 160, Brazil Nuts 160, Peanuts 160, Broad Beans 159, Pistachio Nuts 158, Rice, unpolished 157, Hazelnuts, Cobnut 156, Chick-peas, dry 155, Purslane 151, Oatflakes 142, Pecans nut 142, White Beans 140, Oats, rolled 139, Walnuts, English 131, Oatmeal 131, Split Peas 130, Walnuts 129, Oats, without husk, whole grain 129, Wheat whole grain 128, Maize, whole grain 120, Whole wheat flour 119, Peas, seed, dry 118, Barley, without husk 114, Tofu 111, Milk, dried skimmed 110, Beet Greens 106, Rose hips 104, Tofu 103, Chocolate, milk free 100, Rye 100, Whole wheat bread (GTF) 93, Coconut Meat, dry 90, Coconut, fresh 90, Brown Rice 88, Soybeans, cooked 88, Spinach 88, Chocolate, Milk chocolate 86, Buckwheat 85, Rye Flour, whole 83, Molasses 81, Lentils 77, Pumpernickel 71, Prunes 70, Figs, dried 70, Lima Beans, fresh 67, Swiss Chard 65, Cassava tuber 64.70, Rice, polished 64, Clams 63, Spinach, canned 63, Okra, (Gumbo) 60, Bream 59.86, Edam Cheese 30% fat 59, Spinach, fresh 58, Collard leaves 57, Potato Chips 56, Shrimps, Prawns 51, Apricots, dried 50, Kidney Beans 50, Mung Beans 50, Dates, dried 50, Dates, dried 50, Sole, fish 49, Buckwheat, whole grain 48, Crabs 48, Peaches (dried) 48, Corn flour 47, Chives 44, Kohlrabi 43, Oysters 42, Parmesan Cheese

Nutrient Sources

41.20, Parsley leaf 41.10, Parsley 41, Raisins, Dried Grape, Sultanas 41, Grapes, dried 41, Papayas, Pawpaw, Paw paw 40.50, Coconut 39, Passion Fruit, Passionfruit 39, Blue Cheese 39, Sunflower Seeds 38, Beans, cooked and dried 37, Chicken for roasting 37, Dandelion greens 36, Dandelion leaves 36, Garlic, cloves 36, Bananas 36, Potatoes with skin 34, Water cress 34, Horseradish 33, Green Peas (fresh) 33, Peas in pod 33, Tomato puree 32, Herring 31, Sweet potatoes 31, Kale 31, Blackberries 30, Blackberries, commercial 30, Bread rolls, wheat 30, Mackerel 30, Raspberries 30, Cheddar Cheese 29.86, Salmon, canned 29.55, Avocados 29, Mullet 29, Rabbit meat 29, Salmon, flesh 29, Lemon 28, Turkey, young with skin 28, Gouda cheese 45% fat 28, Halibut 28, Pike, river 27.57, Sweet corn 27.08, Catfish 27, Turkey, adult animal with skin 27, Pork muscle only 27, Trout, 26.27, Artichoke 26, Parsley Root 26, Beans, French beans, String Beans 25, Beets 25, Calf's heart 25, Beetroot 25, Cod, 25, Haddock 24, Mozzarella Cheese 24, Sardines 24, Smelt (small silvery fish) 24, Pork chops 24, Lobster, Crawfish, 24, Flounder, fish 24, Broccoli 24, Kiwi Fruit 23.80, Beef rump 23.04, Beef, sirloin steak 23.03, White cabbage 23, Brussels Sprout 22, Lamb, muscle only 22, Parsnips 22, Cherries, canned 21, Sweet cherries, canned 21, Eel, 21, Pork liver 21, Potatoes 20.23, Beans, French beans, canned 20, Green peas, canned 20, Ham 20, Green peas canned 20, Perch, river 20, Beef, liver 20, Kidneys, beef 20, Calf's liver 19, Camembert cheese 19, Olives, green marinated 19, Liver, calf 19, Mutton 19, Soya bean sprouts 18.50, Asparagus, boiled drained 18.03, Boysenberries 18, Calf's kidney 18, Eel, smoked 18, Heart, Beef 18, Leeks 18, Mangos 18, Pork, Hind leg 18, Carrots 18, Red cabbage 18, Pineapple 17, Winter Squash 17, Beef, liver 17, Blackcurrants 17, Cauliflower 17, Buttermilk 16, Cantaloupe, Rock Melon, Rockmelon 16, Eggplant 16, Veal, muscle only 16, Egg Yolk 16, Lentil sprouts 15, Mushrooms, canned 15, Gooseberries 15, Strawberries 15, Corn flakes 14, Goat's milk 14, Sauerkraut 14, Tomatoes, ripe 14, Milk, skimmed 14, Oranges 14, Tomato 13.57, Mushroom, cultivated 13.50, Lamb's lettuce 13, Liver, beef 13, Oyster mushrooms 13, Cabbage 13, Mushrooms 13, Currants, red 13, Rhubarb 13, Acerola 12, Celery 12, Egg White 12, Egg Yolk, dried 12, Whole egg 12, Herring, vinegar cured 12, Mung Bean Sprouts 12, Green Peppers, Paprika 12, Eggs 12, Orange juice, unsweetened 12, Yoghurt, Milk 12, Cow's milk 12, Orange Juice, fresh original 12, Gelatine 11, Iceberg Lettuce 11, Yoghurt, reduced fat 11, Onions 11, Sweet cherries 11, Mandarins 11, Wheat flour type 630 10, White wine 10, Plums 10, Grapefruit 10, Apple puree 9.80, Appricots, canned 9.60, Tomato juice 9.50, Grapes, natural 9.30, Apricots 9.20, Peaches 9.20, Grapefruit Juice, fresh original 9, Lettuce 8.48, Red wine 8.30, Cherries 8, Pineapple, canned 8, Radishes 8, Cucumber 8, Pumpkin 8, Pears 7.80, Beer, Alcohol free 7.70, Black Pudding 7.60, Turnip 7.40, Apple 6.40, Apples 6.40, Asparagus, canned 6, Honey 5.50, Cranberries, Mountain-cranberries 5.50, Peaches, canned 5.40, Apple juice 4.20, Pears, canned 4, Blueberries, canned 3.60, Tea, clear, drink 3.33, Human milk 3.14, Butter 3, Watermelon 2.90, Blueberries, Bilberries, Huckleberries 2.40, Cola drinks 1, Whey 1, Coconut oil 0.20

Manganese: In Mgs in Food100g,

Black tea 73.4, Wheat Germ, 11.42, Hazelnuts, Cobnut 5.7, Oats, rolled 4.54, Soya flour, full fat 4, Cowpeas, dry 3.74, Oats, without husk, whole grain 3.7, Wheat whole grain 3.67, Pecans nut 3.5, Soya beans, 2.71, Parsley leaf 2.7, Chick-peas, dry 2.14, Rice, polished 2, Walnuts 1.97, Blueberries, canned 1.9, Almonds, roasted 1.9, Millet 1.9, Lima Beans, dry 1.79, Barley, without husk 1.65, White Beans 1.62, Peanuts 1.6, Apricots, dried 1.5, Coconut 1.31, Rye 1.3, Split Peas 1.3, Buckwheat 1.3, Peas, seed, dry 1.25, Peanuts, roasted 1.24, Rose hips 1.2, Rice, unpolished 1.1, Whole Wheat 1.1, Blackberries 0.894, Blackberries, commercial 0.894, Bread rolls, wheat 0.89, Cashews 0.84, Blueberries, Bilberries,

Nutrient Sources

Huckleberries 0.84, Tea, clear, drink 0.69, Green Peas (fresh) 0.66, Peas in pod 0.66, Cassava tuber 0.62, Brazil Nuts 0.6, Oysters 0.6, Kale 0.55, Brewer's Yeast (GTF) 0.53, Turnip Greens 0.5, Maize, whole grain 0.48, Spinach, fresh 0.474, Raisins, Dried Grape, Sultanas 0.464, Grapes, dried 0.464, Horseradish 0.46, Passion Fruit, Passionfruit 0.46, Garlic 0.46, Garlic, cloves 0.46, Parsnips 0.4, Beet Greens 0.4, Artichoke 0.38, Pork liver 0.36, Figs, dried 0.35, Dandelion leaves 0.34, Blackcurrants 0.336, Bananas 0.326, Pineapple 0.32, Raspberries 0.32, Oatmeal 0.3, Chicken liver 0.291, Liver, calf 0.28, Liver, beef 0.27, Brussels Sprout 0.26, Broccoli 0.26, Cranberries, Mountain-cranberries 0.26, Beef, liver 0.25, Currants, red 0.24, Strawberries 0.225, Winter Squash 0.22, Carrots 0.21, Red wine 0.2, Green peas, canned 0.2, Peas, green and canned, 0.2, Millet 0.2

Methionine: in Mgs per Food 100g, (can be converted to cysteine requiring B6, B12 + folic acid. Cysteine a component of glutathione involved in the detoxification in the liver. Milk thistle increases glutathione) Found in: Crayfish, Small lobster 1020, Pork, fried liver, 974.782, Parmesan Cheese 960, Brewer's Yeast (GTF) 930, Parmesan cheese, 928.57, Brazil Nuts 890, Brazils, 890, Flounder (baked), 864.238, Milk, dried skimmed 860, Tuna, canned in oil drained, 836.8653, Caviar 800, Halibut 800, Edam Cheese 30% fat 790, Cheddar cheese 770, Gelatine 760, Edam cheese, 753.57, Gouda cheese 45% fat 740, Sardines in oil 740, Pork muscles only 720, Chicken Breasts 710, Pork chops 710, Salmon, flesh 700, Camembert cheese 690, Tuna in oil 670, poultry, turkey, 664, Trout, 660, Mullet 660, Pike, river 660, Herring 660, Haddock, raw 650, Chicken liver 640, Beef, sirloin steak 640, Chicken for roasting 640, Sardines 640, Mackerel, 640, Salmon, canned 630, Brie Cheese 630, Pork liver 630, Perch, river 630, Pistachios, 630, Trout , 624.06, Turkey, young with skin 620, Pork, Hind leg 620, Tuna, flesh 610, Beef rump 610, Cheddar cheese, 604, Sesame seeds, 600.87, Beef, liver 600, Cod, 600, pickled herring, 591.83, Soya flour, 590.91, Sole, fish 590, Soya beans, 580, Soya flour, full fat 580, Lobster, Crawfish, 580, Horse mackerel 580, Flounder, fish 580, Wheat Germ 560, Wheat germ, 560, Mutton 560, Lemon sole 560, Fish, cod (canned), 556.95, Pumpkin seeds, 550.87, Lobster, Crawfish, 550, Sirloin steak, 545.695, Halibut, 542, Chicken breasts, 541.0614, Rabbit meat 540, Beef (roast), 530.91, Liver, calf 530, Turkey, adult animal with skin 530, Eel, 530, Pork (roasted) 526.71, Prawns (cooked), Shrimps 525.61, Blue Cheese 520, Catfish 520, Sheep's liver 510, Eel, smoked 510, Salmon, canned pink, 507, Sunflower seeds, 490, Ham 490, Herring, vinegar cured 490, Chicken (breasts), 480, Hake 480, Fresh raw cod, 480, Liver (cooked), 478.37, Egg Yolk 470, Egg White 470, Egg Yolk, dried 470, Cottage cheese, 469, Calf liver (fried), 461.368, Chicken liver, 453.863, Whole egg 450, Eggs 450, Veal roast, Roast veal 449.448, Salami, Sausage 448, veal, 446, Kidneys, beef 440, Lamb (leg), 432, Pork, (loin), 409, Bream 400, boiled egg , 394, Pork, ham, 379, Lamb (rib), 358, Peas, seed, dry 350, Liverwurst, 347, Calf's kidney 340, Sheep's kidney 340, Liverwurst, Liver sausage 333, Sausage, liver 333, Cowpeas, dry 330, Cashews 330, Cashews, 327, Peanuts 310, Peanuts, roasted 310, Oatmeal 280, Lima Beans, dry 270, Almonds, roasted 270, Almonds, 270, Peanuts (roasted), 266.67, Chick-peas dry-266, Peanut butter, 263, White Beans 260, Chick-peas, dry 260, Oysters 260, Lima beans, 250, Wheat Bran 250, Millet 250, Oats, rolled 240, Buckwheat flour 240, Oats, without husk, whole grain 230, Walnuts, 220, Wheat whole grain 220, Mungo beans, Black 210, Oatmeal, rolled oats, 209, Wholewheat flour, 200, Maize, whole grain 190, Buckwheat 190, Wheat flour type 630 180, Barley, without husk 180, Corn flakes 170, Rice, unpolished 170, Rice, polished 170, Soybeans (cooked), 165, Wholewheat bread, 160.87, Corn flour 160, Pecans, 153, pork, cured, bacon medium fat, 141, Hazelnuts 140, Brown rice , 136.84, Cornflakes, 135, Mushrooms (tinned), 133, Bread rolls, wheat 130, Hazelnuts, 120, Lentils (cooked),

Nutrient Sources

100, Green Peas (fresh) 100, Peas in pod 100, Yoghurt (part skimmed), 100, Yoghurt, Milk 100, Milk, Goat's 94, Yoghurt, reduced fat 92, Cow's milk 90, Skim milk, 86, Buttermilk, 84, Coconut 70, Beans, red kidney, canned, 57, Sweet corn 56, Kale 52, Potato dumpling 50, Broccoli 50, Oyster mushrooms 50, Cauliflower 48, Cauliflower, 47, Brown rice (cooked), 45.33, Avocados 43, Spinach, fresh 43, Brussels Sprout 40, Figs, dried 40, Spinach, canned 38, Oatmeal (cooked), 36.44, White rice (cooked), 36, Mushrooms, canned 35, Beans, French beans, String Beans 34, Potato (baked with skin), 31, Peach, 31, Potato soup 30, Green peas, canned 30, Potato 30, Potatoes 30, Peaches 30, Parsley Root 29, Leeks 29, Bamboo shoots 28, Asparagus 27, Asparagus, canned 27, Beans (green cooked), 25.86, Human Milk 24, Mushroom, cultivated 23, Dates, dried 22, Dates, dried 22, Parsley leaf 21, Butter 19, Green Peppers, Paprika 16, French beans, canned 16, Kohlrabi 16, Parsnips 16, Whey 16, Horseradish 15, Celery 14, Peaches, canned 14, Red cabbage 14, Grapes, dried 13, Raisins, Dried Grape, Sultanas 13, White cabbage 13, Lettuce 12, Onions 12, Lamb's lettuce 11, Mandarins 11, Turnip 11, Carrots , 10, Pumpkin 10, Lemon 10, Banana, 9, Bananas 9, Carrots 8, Carrots (cooked), 8, Tomato , 8, Oranges 8, Tomato 7, Rhubarb 7, Cucumber 6, Beetroot 5, Tomato juice 5, Sweet cherries 4, Orange juice, unsweetened product 3.3, Grapefruit 3, Grapefruit Juice, fresh original 3, Apple 3, Apples 3, Orange, 2.78, strawberries, 1.01, Strawberries 1, Apple juice 1.

Molybdenum: in Mcg, Food100g

Helps metabolism of nitrogen, conversion of purines into uric acid, component of enzyme xanthine oxidase, impotence in males, excess may interfere with copper metabolism.

Pork liver 300, Chinese cabbage 280, Cabbage 280, Leguminous seeds 245, Beans, French beans, canned 200, Carrots, boiled 200, Carrots, young 200, Soya flour, full fat 182, Dates, dried 150, Red cabbage 127, Cereals 110, Wheat Germ 100, Rice, polished 80, Orange Juice, fresh original 79, Rice, unpolished 75, Garlic 70, Peas in pod 70, Peas, seed, dry 70, Oats, without husk, whole grain 70, Garlic, cloves 70, Maize, whole grain 55, Spinach, fresh 53, Eggs 49, Barley, without husk 43, Beans, French beans, String Beans 43, Wheat whole grain 40.030, Chicken for roasting 40, Whey 34, Onions 32, Beef, liver 31, Kidneys, beef 31, Milk, dried skimmed 29, Pork, lean 27, Coconut 25

Phenylalanine: in Mgs per food 100g,

Brewer's Yeast (GTF) 2170, Pork, fried liver, 2030.434, Soya flour, 1980.91, Gelatine 1980, Soya beans, 1970, Parmesan cheese, 1928.57, Parmesan Cheese 1910, Soya flour, full fat 1860, Milk, dried skimmed 1700, Pumpkin seeds, 1623.91, Mungo beans, Black 1570, Peanuts 1540, Peanuts, roasted 1540, Peanuts (roasted), 1533.33, Edam cheese, 1532.14, Peanut butter, 1510, Gouda cheese 45% fat 1460, Cheddar cheese 1450, Edam Cheese 30% fat 1450, White Beans 1400, Peas, seed, dry 1390, Sesame seeds, 1383.04, Lima Beans, dry 1350, Camembert cheese 1310, Cowpeas, dry 1300, Sunflower seeds, 1260, Cheddar cheese, 1244, Brie Cheese 1230, Chicken liver 1230, Blue Cheese 1220, Lima beans, 1212, Wheat Germ 1180, Wheat germ, 1180, Beef, liver 1170, Almonds, roasted 1160, Almonds, 1145.86, Pork liver 1130, Flounder (baked), 1102.649, Liver, calf 1100, Tuna, canned in oil drained, 1067.77, Beef, sirloin steak 1060, Caviar 1060, Sheep's liver 1050, Tuna, flesh 1050, Chicken Breasts 1010, Chick-peas dry- 1004, Beef rump 1000, Liver (cooked), 996.69, Chicken liver, 986.7549, Pork muscles only 980, Calf liver (fried), 961.368, Chick-peas, dry 960, Pork chops 960, poultry, turkey, 960, Kidneys, beef 940, Mutton 920, Trout, 920, Cottage cheese, 917, Chicken for roasting 910, Salmon, flesh 910, Sardines 910, Cashews

Nutrient Sources

900, Turkey, young with skin 900, Sirloin steak, 895.143, Sardines in oil 890, Tuna in oil 880, Cashews, 877, Beef (roast), 870.64, Mullet 860, Perch, river 860, Pistachios, 860, Oatmeal 850, Cod, 840, Mackerel, 840, Pork, Hind leg 840, Chicken breasts, 832.4022, Pork (roasted) 820.088, Crayfish, Small lobster 820, Pike, river 820, Whole egg 800, Eggs 800, Trout , 796.03, veal, 792, Calf's kidney 790, Egg Yolk 790, Haddock, raw 790, Ham 790, Lemon sole 790, Rabbit meat 790, Veal roast, Roast veal 781.456, Oats, rolled 780, Turkey, adult animal with skin 770, Salami, Sausage 769, Egg White 760, Egg Yolk, dried 760, Sheep's kidney 760, Sole, fish 760, Liverwurst, 759, Oatmeal, rolled oats, 758, Salmon, canned pink, 757.836, pickled herring, 754.966, Herring 750, Lobster, Crawfish, 740, boiled egg , 738, Lamb (leg), 732, Chicken (breasts), 730, Eel, 730, Horse mackerel 730, Liverwurst, Liver sausage 718, Sausage, liver 718, Catfish 710, Fish, cod (canned), 709.93, Flounder, fish 700, Oats, without husk, whole grain 700, Halibut, 690, Halibut 680, Prawns (cooked), Shrimps 670.64, Eel, smoked 670, Lobster, Crawfish, 670, Herring, vinegar cured 660, Walnuts, 660, Lentils (cooked), 654, Wholewheat flour, 653.33, Hake 650, Wheat Bran 650, Pork, (loin), 646, Wheat whole grain 640, Fresh raw cod, 612, Lamb (rib), 606, Wheat flour type 630 600, Pork, ham, 598, Soybeans (cooked), 594, Barley, without husk 590, Brazil Nuts 580, Brazils, 580, Pecans, 564, Buckwheat flour 520, Hazelnuts 510, Wholewheat bread, 508.7, Maize, whole grain 460, Millet 460, Hazelnuts, 453.33, Bread rolls, wheat 440, pork, cured, bacon medium fat, 434, Corn flakes 430, Oysters 420, Rice, unpolished 420, Buckwheat 410, Green Peas (fresh) 400, Peas in pod 400, Rice, polished 390, Corn flour 380, Brown rice , 377.37, Cornflakes, 354, Potato dumpling 340, Beans, red kidney, canned, 315, Potato soup 310, Parsley leaf 243, Yoghurt (part skimmed), 210, Yoghurt, Milk 210, Sweet corn 200, Yoghurt, reduced fat 190, Buttermilk, 180, Coconut 180, Cow's milk 180, Milk, Goat's 180, Skim milk, 170, Brussels Sprout 150, Kale 140, Green peas, canned 130, Brown rice (cooked), 126.67, Broccoli 120, Figs, dried 120, Oatmeal (cooked), 116.53, Potato (baked with skin), 114, Avocados 111, Spinach, fresh 110, Oyster mushrooms 100, Potato 100, Potatoes 100, White rice (cooked), 100, Lamb's lettuce 96, Spinach, canned 94, Mushrooms, canned 90, Bamboo shoots 88, Cauliflower 77, Cauliflower, 75, Mushroom, cultivated 74, Beans, French beans, String Beans 73, Celery 69, Parsley Root 68, Peaches, canned 64, Leeks 63, Asparagus 60, Asparagus (canned), 60, Asparagus, canned 60, Water cress 58, Green Peppers, Paprika 54, Lettuce 54, Human Milk 54, Dates, dried 51, Dates, dried 51, French beans, canned 51, Grapes, dried 47, Raisins, Dried Grape, Sultanas 47, Beans (green cooked), 46.15, Horseradish 45, Kohlrabi 45, Parsnips 45, Carrots, 42, Butter 36, Onions 35, Banana, 34, Bananas 34, Whey 34, Red cabbage 32, Carrots 31, Carrots (cooked), 31, Tomato , 30.67, White cabbage 30, Pumpkin 29, Beetroot 26, Lemon 25, Mandarins 25, Strawberries 25, Tomato 24, strawberries, 22.82, Oranges 20, Tomato juice 19, Peach, 18, Peaches 18, Turnip 18, Rhubarb 17, Sweet cherries 16, Cucumber 14, Grapefruit 10, Grapefruit Juice, fresh original 10, Apple 9, Apples 9, Orange juice, unsweetened product 7.7, Apple juice 2, Mushrooms (tinned), 0, Orange, 0.

Phosphorus: in Mgs per Food100g,

Brewer's Yeast 1750, Wheat Bran 1290, Pumpkin Seeds 1144, Squash Seeds 1144, Wheat Germ, 1100, Milk, dried skimmed 1020, Sunflower Seeds 837, Parmesan Cheese 743, Brazil Nuts 674, Sesame Seeds, hulled 592, Egg Yolk 590, Edam Cheese 30% fat 570, Soybeans, dried 554, Soya flour, full fat 553, Soya beans, 550, Camembert cheese 540, Sardines, canned 503.57, Pistachio Nuts 500, Cheddar Cheese 489, Pinto Beans, dry 457, Almonds, roasted 454, Gouda cheese 45% fat 443, Sardines in oil 430, Mozzarella Cheese 428, White Beans 426, French beans, dried 419, Cowpeas, dry 409, Peanuts, roasted 409,

Nutrient Sources

Walnuts 409, Chick-peas, dry 407, Oatmeal 405, Whole Wheat 400, Oats, rolled 391, Walnuts, English 380, Rye, whole grain 376, Peas, seed, dry 375, Cashews 373, Mungo beans, Black 365, Sheep's liver 364, Pork liver 362, Blue Cheese 362, Beef, liver 358, Lima Beans, dry 353, Liver, beef 352, Oats, without husk, whole grain 342, Barley, without husk 342, Peanuts 341, Wheat whole grain 341, Scallops 338, Hazelnuts, Cobnut 333, Rice, unpolished 325, Black tea 314, Millet 311, Millet 310, Calf's liver 306, Liver, calf 306, Caviar 300, Tuna in oil 294, Salmon, canned 292, Barley, pearled 290, Pecans nut 290, Chocolate, milk free 287, Dulse 267, Salmon, flesh 266, Buckwheat flour 263, Sheep's kidney 262, Calf's kidney 260, Bream 259, Sardines 258, Rose hips 258, Corn flour 256, Maize, whole grain 256, Buckwheat 254, Eel, smoked 250, Herring 250, Beef, liver 248, Kidneys, beef 248, Smelt (small silvery fish) 245, Trout, 245, Mackerel 244, Chocolate, Milk chocolate 242, Kelp 241.55, Potato dumpling 240, Mackerel, smoked 240, Chicken liver 240, Horse mackerel 239, Turkey, young with skin 238, Lobster, Crawfish, 234, Anchovies 233, Turkey, adult animal with skin 226, Rabbit meat 224, Crayfish, Small lobster 224, Eel, 223, Brown Rice 221, Mullet 217, Whole egg 216, Eggs 216, Pike, river 215, Chicken Breasts 212, Ham 207, Pork muscle only 204, Halibut 202, Macadamia Nuts 201, Tuna, flesh 200, Flounder, fish 200, Chicken for roasting 200, Perch, river 198, Veal, muscle only 198, Beef rump 195, Sole, fish 195, Coffee, roasted 192, Brie Cheese 188, Cod, 184, Calf's heart 180, Catfish 179, Haddock 176, Crabs 175, Salami, Sausage 167, Mutton 162, Beef, sirloin steak 157, Oysters 157, Liverwurst, Liver sausage 154, Sausage, liver 154, Pork chops 150, Lamb 150, Cottage Cheese, 150, Herring, vinegar cured 149, Hake 142, Garlic 134, Garlic, cloves 134, Artichoke 130, Parsley leaf 128, Mushroom, cultivated 125, Rice, polished 120, Lentils 119, Mushrooms 116, Apricots, dried 114, Raisins, Dried Grape, Sultanas 110, Grapes, dried 110, Goat's milk 109, Figs, dried 108, Green Peas (fresh) 108, Peas in pod 108, Bread rolls, wheat 102, Tofu 97, Milk, skimmed 97, Coconut 94, Yoghurt, Milk 92, Cow's milk 92, Green peas, boiled 91, Pork, Hind leg 90, Buttermilk 90, Globe Artichoke 88, Lentil sprouts 88, Yoghurt, reduced fat 87, Kale 87, Brussels Sprout 83.6, Sweet corn 83.23, Broccoli 82, Prunes, dried 79, Chives 75, Soya bean sprouts 74.67, Parsnips 73, Dandelion leaves 70, Mushrooms, canned 69, Oyster mushrooms 67, Horseradish 65.3, Soybean Sprouts 64, Water cress 63.6, Parsley 63, Green peas, canned 62, Green peas canned 62, Split Peas 60.82, Corn flakes 59, Dates, dried 57, Dates, dried 57, Elderberries, black 57, Passion Fruit, Passionfruit 57, Parsley Root 56.06, Spinach, fresh 55, Cauliflower 54, Bamboo shoots 53, Potatoes with skin 53, Okra, (Gumbo) 51, Spinach 51, Potatoes 50, Kohlrabi 49.70, Mung Bean Sprouts 49, Lamb's lettuce 49, Celery 48, Leeks 46, Beetroot 45, Pumpkin 44, Pumpkins 44, Green Beans 44, Raspberries 44, Yam tuber 44, Sauerkraut 43, Winter Squash 43, Onions 42, Beet Greens 40, Blackcurrants 40, Swiss Chard 39, Cress 38, Avocados 38, Cassava tuber 38, Asparagus, canned 38, French beans, String Beans 37.8, Asparagus, boiled drained 37, Carrots 35, Tomato puree 34, Whey 34, Beets 33, Kiwi Fruit 31, Carrot Juice 31, Turnip 30.8, Pickled cucumber 30, Spinach, canned 30, Carrots, boiled 30, Blackberries 30, Blackberries, commercial 30, Gooseberries 30, Red cabbage 30, Summer squash 29, Green Peppers, Paprika 29, Strawberries 29, Beetroot juice 28.8, Red wine 28, Bananas 28, White cabbage 27.5, Currants, red 27, Radishes 26.4, Persimmons 26, Eggplant 26, Nectarines 24, Boysenberries 24, French beans, canned 24, Rhubarb 24, Peaches 23, Oranges 23, Zucchini, Summer squash 23, Cucumber 23, Lettuce 22.42, Black Pudding 22, Egg Yolk, dried 21, Egg White 21, Apricots 21, Butter 21, Beer, Alcohol free 20, Mandarins 20, Sweet cherries 20, Cherries 19, Honey 18, Tomato 18, Plums 18, Acerola 17.10, Ripe olives 17, Olives, green marinated 17, Grapefruit 17, Papayas, Pawpaw, Paw paw 16.4, Cantaloupe, Rock Melon, Rockmelon 16, Orange juice, unsweetened I product 16, Blueberries, canned 16,

Nutrient Sources

Lemon 16, Tomato juice 16, Orange Juice, fresh original 15, Human Milk 15, Pears 15, Appricots, canned 15, White wine 15, Grapefruit Juice, fresh original 14, Cherries, canned 14, Sweet cherries, canned 14, Tomatoes, ripe 13.87, Blueberries, Bilberries, Huckleberries 13, Mangos 13, Peaches, canned 13, Apples 12, Watermelon 11, Cranberries, Mountain-cranberries 9.70, Pineapple 9, Pears, canned 8, Apple puree 7.2, Apple juice 7, Pineapple, canned 7, Cola drinks 6.3, Coconut oil 0.9

Potassium & Sodium in Mgs per 100g Food

The second figure when shown represents the sodium content for comparison
Dulse 8060, Kelp 5273 3021.13, Dill Weed 4850, Basil 3700, Tarragon 3200, Cumin 2070, Yeast, Torula 2050, Soybeans 1900, Soya flour, full fat 1870 4, Curry Powder 1850, Black tea 1790 6, French beans, dried 1770 570, Lima Beans, dry 1750 13.35, Coffee, roasted 1730 3.60, Soybean Flour 1660, Milk, dried skimmed 1580 557, Cowpeas, dry 1550 12.27, Molasses 1500, Brewer's Yeast (GTF) 1410 77, Ginger (powder) 1400, Wheat Bran 1390 2, Apricots, dried 1370 11, White Beans 1340 3.50, Kidney Beans 1310, Broad Beans 1210, Potato Chips 1190, Tomato puree 1160 590, Peas (dried) 1100, Peaches (dried) 1100, Parsley leaf 1000 33, Peas, seed, dry 941 25.73, Sunflower Seeds 920 30, Figs, dried 850 40, Wheat Germ, 837 5, Almonds, roasted 835, Chick-peas, dry 810 25, Lentils 810, Raisins, Dried Grape, Sultanas 782 21, Grapes, dried 782 21, Peanuts, roasted 777 5.70, Parsley 727 45, Prunes 700, Buckwheat flour 680 1, Peanut Butter 670, Peanuts 661 10.96, Lima Beans, fresh 650, Dates, dried 650 35, Dates, dried 650 35, Brazil Nuts 644 2, Hazelnuts, Cobnut 636 2, Spinach, fresh 633 65, Cress (garden) 606, Pecans nut 604 3, Sardines, canned 596 832, Horseradish 554 9, Cashews 552 14, Swiss Chard 550 147, Cress 550 5, Walnuts 544 2.40, Soybeans, cooked 540, Garlic, cloves 529 38, Avocados 503 3, Kale 490 42, Bream 478 30.88, Chocolate, Milk chocolate 471 58, Spinach 470 71, Trout 470, Parsnips 469 8, Bamboo shoots 468 6, Walnuts, English 450, Halibut 446 67, Barley, without husk 444 18, Dandelion leaves 440 76, Chives 434 3, Dandelion greens 430, Millet 430, Lamb's lettuce 421 4, Scallops 420 265, Pork muscle only 418 56, Mushroom, cultivated 417 8, Beans, cooked and dried 416, Mushrooms 414 15, Trout, 413 62.86, Potatoes 411 3.40, Potatoes with skin 407, Mullet 404 69, Parsley Root 399 12, Chocolate, milk free 397 19, Mackerel 396 95, Yam tuber 393 10, Bananas 393 1, Sardines in oil 388 366, Brussels Sprout 387 9.57, Pumpkin 383 1.10, Rabbit meat 382 47, Wheat whole grain 381 801, Kohlrabi 380 32, Coconut 379 35, Broccoli 373 19, Salmon, flesh 371 51s 370, Beef rump 361 49.80, Horse mackerel 360 64, Herring 360 117, Chicken for roasting 359 82.50, Veal, muscle only 358 94, Smelt (small silvery fish) 357 156, Beef, sirloin steak 356 55.34, Cod, 356 72, Oats, without husk, whole grain 355 8.40, Artichoke 353 47, Winter Squash 351 7, Pork liver 350 77, Passion Fruit, Passionfruit 349, Oats, rolled 348 6.78, Cassava tuber 344 1.47, Celery 344 132, Pumpkins 340, Beetroot 336 58, Flounder, flesh 332, Flounder, fish 332 92, Perch, river 330 47, Maize, whole grain 330 6, Cauliflower 328 16, Buckwheat 324, Calf's liver 316 87, Liver, calf 316 87, Mussel 315, Turkey, young with skin 315 66, Pork chops 315 65, Blackcurrants 310 1.50, Sole, fish 309 100, Elderberries, black 305 0.50, Green Peas (fresh) 304 2, Peas in pod 304 2, Pike, river 304 74.63, Haddock 301 116, Turkey, adult animal with skin 300 63, Salmon, canned 300 540, Lemon sole 298 80, Kiwi Fruit 295 4.10, Hake 294 101, Beef, liver 292 116, Rose hips 291 146, Sweet corn 290.07 0.30, Calf's kidney 290 200, Carrots 290 60, Mutton 289 94, Lamb, muscle only 289 67, Sauerkraut 288 355, Catfish 282 105, Watercress 282 52, Sheep's liver 282 95, Apricots 278 2, Water cress 276 12, Mackerel, smoked 275 261, Rhubarb 270 2, Oatmeal 268 6, Red cabbage 266 4, Macadamia Nuts 265, Calf's heart 265 104, Chicken Breasts 264 66, Radishes 255

Nutrient Sources

17, Crayfish, Small lobster 254 253, Oyster mushrooms 254 6, Sheep's kidney 252 239, Cantaloupe, Rock Melon, Rockmelon 251, Lentils, cooked 249, Tuna in oil 248 291, Ham 248 1400, French beans, String Beans 248 2.40, Pork, Hind leg 247 59, Beef, liver 245 235, Kidneys, beef 245 235, Sweet potatoes 243 10, Eel, smoked 243 500, Beetroot juice 242 200, Tomato 242 3.70, Tomatoes, ripe 242 3.37, Beet-sugar, unrefined 240 35, Currants, red 238 1.40, Turnip 238 58, Tomato juice 236 5.10, Soya bean sprouts 235 30, Leeks 235 4.50, Sweet cherries 229 2.70, Salami, Sausage 224 2080, Plums 221 1.70, Lobster, Crawfish, 220 270, Carrot Juice 219 52, Chicken liver 218 68, Eel, 217 65, Eggplant 214 2, Spinach, canned 213 170, Green peas, boiled 213 2, Papayas, Pawpaw, Paw paw 211 3.40, Mandarins 210 102, Beets 208 60, White cabbage 208 11.67, Peaches 205 1.30, Gooseberries 203 1.60, Summer squash 202, Grapes, natural 192 1.90, Mangos 190 5, Carrots, boiled 189 42, Blackberries, commercial 189 3, Blackberries 189 3, Oysters 184, Goat's milk 181 42, Grapefruit 180 1.60, Green Peppers, Paprika 177 2.65, Oranges 177 1.40, Pineapple 173 2.10, Orange juice, unsweetened product 172 1.40, Lettuce 172 7.52, Appricots, canned 171 10.40, Mungo beans, Black 171, Raspberries 170 1.30, Caviar 164 1940, Watermelon 158 0.50, Cow's milk 157 48, Orange Juice, fresh original 157 1, Yoghurt, Milk 157 48, Egg Yolk, dried 154 170, Egg White 154 170, Zucchini, Summer squash 152 3, Brie Cheese 152 1170, Boysenberries 150, Millet 150 3, Green peas, canned 150 222, Green peas canned 150 222, Rice, unpolished 150 10, Milk, skimmed 150 53, Yoghurt, reduced fat 149 45, Lemon 149 2.70, Buttermilk 147 57, Whole egg 147 144, Eggs 147 144, Strawberries 147 2.50, Apples 144 3, French beans, canned 143 249, Liverwurst, Liver sausage 143 810, Sausage, liver 143 810, Wheat flour type 630 142 3.25, Grapefruit Juice, fresh original 142 1.20, Lemon Juice 141, Cucumber 141 8.50, Egg Yolk 138 51, Asparagus, boiled drained 136 2000, Cherries, canned 135 1.80, Sweet cherries, canned 135 1.80, Onions 135 9.50, Parmesan Cheese 131 704, Bread rolls, wheat 130 542, Whey 129 45, Blue Cheese 128 1400, Pears 126 2.10, Peaches, canned 122 2.77, Mushrooms, canned 121 319, Tofu 121 7, Corn flour 120 700, Corn flakes 120 938, Camembert cheese 120 900, Apple juice 116 2.20, Lentil sprouts 114, Cherries 114 2, Apple puree 114 2.70, Split Peas 110 3.84, Rice, polished 103 6, Cheddar Cheese 102 675, Asparagus, canned 101 368, Edam Cheese 30% fat 95 800, Red wine 93 4, Cottage Cheese, 88 230, Acerola 83 2.70, White wine 82 2, Gouda cheese 45% fat 76 869, Pineapple, canned 75 1, Herring, vinegar cured 74 1090, Cranberries, Mountain-cranberries 71.70 2, Brown Rice 70 9, Blueberries, Bilberries, Huckleberries 65 1, Pears, canned 64.63 6.09, Blueberries, canned 59 3.80, Human milk 47.36 12.66, Honey 47 7.40, Olives, green marinated 43 2100, Beer, Alcohol free 40 2.60, Black Pudding 38 680, Tea, clear, drink 24.17, Gelatine 22 32, Butter 16 5.10, Coffee powder 4.38 58, Soya beans, 1.80 4.73, Pistachio Nuts 1.02, Corn Oil, Maize oil 1 1, Maize oil, 1 1, Cola drinks 1 3.50

Salicylates: in Mg per Food 100g, Water cress 840, Avocados 600, Peaches 580, Watermelon 480, Kiwi Fruit 320, Beetroot 180, Cauliflower 160, Hazelnuts 140, Asparagus 140, Tomato 130, Beans, French beans, String Beans 110, Grapes, Natural 104, Garlic 100, Leeks 80, Parsley leaf 80, Raisins, Dried Grape, Sultanas 6.73, Honey 6.29, Raspberries 5.1, Currants, red 5.1, Dates, dried 4.5, Black tea 3.7, Blackcurrants 3.1, Apricots 2.58, Oranges 2.4, Apricots, dried 2.24, Appricots, canned 1.42, Pineapple, canned 1.4, Strawberries 1.4, Radishes 1.24, Green Peppers, Paprika 1.2, Peanuts 1.12, Zucchini, Summer squash 1.04, Sweet cherries 0.85, Cucumber 0.78, Grapefruit 0.68, Broccoli 0.65, Figs, dried 0.64, Winter Squash 0.63, White wine 0.623, Spinach, fresh 0.58, Mandarins 0.56, Macadamia Nuts 0.52, Coffee powder 0.466, Parsnips 0.45, Olives, green marinated 0.34, Peaches, canned 0.31, Apple 0.31, Apples 0.31, Carrots, boiled

Nutrient Sources

0.23, Carrots 0.23, Apple juice 0.19, Lemon 0.18, Onions 0.16, Plums 0.14, Tomato juice 0.133, Sweet corn 0.13, Pumpkin 0.12, Potatoes 0.12, Mangos 0.11, Garlic, cloves 0.1, Papayas, Pawpaw, Paw paw 0.08, Red cabbage 0.08, Brussels Sprout 0.07, Green Peas (fresh) 0.04, Peas in pod 0.04, Chives 0.03

Selenium: in Mcg, Food100g

Helps to inhibit oxidation of lipids, an antioxidant especially when combined with vitamin E, they produce antibodies, free radical scavenger, anti-tumour, tissue elasticity, with vitamin E and zinc provide relief from enlarged prostate, alcoholic cirrhosis, autoimmune disorders (arthritis etc).

Dates 222.5, Smoked Herring 141, Lobster, Crawfish, 130, Smelt (small silvery fish) 123, Beef, liver 112, Kidneys, beef 112, Wheat Germ, 111, Brazil Nuts 103, Apple cider vinegar 89, Tuna, flesh 82, Scallops 77, Bream 72, Whole Wheat 66, Whole wheat bread (GTF) 66, Bran 63, Lemon sole 60, Sardines 60, Shrimps, Prawns 59, Shrimps, Prawns, canned 59, Red Swiss Chard 57, Pork liver 56.26, Chicken liver 55.21, Clams 55, Herring 54.79, King Crab 51, Mullet 51, Horse mackerel 46.5, Flounder, fish 45.71, Liver, beef 45.37, Kidneys, Calf's 40, Brown Rice 39, Mackerel 38.96, Hake 36, Beef rump 34, Chicken for roasting 33.84, Eel, 31, Lamb 30, Sole, fish 29.33, Haddock 28.57, Cod, 27.88, Oysters 27.75, Turnips 27, Molasses 26, Salmon, flesh 26, Trout, 24.53, Perch, river 24, Liver, calf 23.64, Beef, liver 20.59, Salmon, canned 20, Whole egg 19.85, Eggs 19.85, Soya beans, 19.06, Beer 19, Gelatin 19, Egg Yolk 18.53, Buckwheat 18, Lamb, lean 18, Pike, river 17.5, Maize, whole grain 16, White Beans 14.4, Sardines in oil 13, Mushrooms 12, Tuna in oil 12, Cheddar Cheese 11, Rice, unpolished 10.93, Swiss Cheese 10, Oats, rolled 9.7, Chick-peas, dry 9, Mushrooms, canned 8.8, Pork muscle only 8.73, Coffee powder 8.5, Raisins, Dried Grape, Sultanas 7.29, Grapes, dried 7.29, Oats, without husk, whole grain 7.07, Mushroom, cultivated 7.02, Barley, without husk 7, Salami, Sausage 6.9, Chicken Breasts 6.46, Pistachio Nuts 6.4, Orange Juice, fresh original 6, Garlic 5.69, Peanuts 5.69, Garlic, cloves 5.69, Walnuts 5.5, Egg Yolk, dried 5.44, Egg White 5.44, Black tea 5.4, Wine 5, Cottage Cheese, 5, Coffee, roasted 4.9, Buckwheat flour 4.9, Hazelnuts, Cobnut 4.48, Green Peppers, Paprika 4.26, Lamb, muscle only 4.1, Grape Juice 4, Veal, muscle only 3.73, Almonds, roasted 3.52, Chocolate, Milk chocolate 3.49, Wheat whole grain 3.35, Human milk 3.33, Turnip 3.1, Peas, seed, dry 3, Pecans nut 3, Camembert cheese 2.63, Corn flakes 2.6, White cabbage 2.51, Mandarins 2.42, Chocolate, milk free 2.3, Green Beans 2, Cabbage 2, Kidney Beans 2, Radishes 2, Blue Cheese 2, Parsnips 1.7, Blackcurrants 1.7, Grapes, natural 1.69, Milk, skimmed 1.64, Tomato, canned 1.61, Yoghurt, Milk 1.54, Potatoes 1.53, Onions 1.47, Bananas 1.43, Cow's milk 1.41, Parsley leaf 1.4, Parsley Root 1.4, Apples 1.38, Kale 1.37, French beans, String Beans 1.35, Strawberries 1.34, Carrots 1.33, Lima Beans, dry 1.3, Apricots 1.3, Currants, red 1.3, Gooseberries 1.3, Raspberries 1.3, Butter 1.25, Sweet cherries 1.24, Peaches 1.2, Buttermilk 1.2, Oranges 1.19, Lemon 1.02, Yam tuber 1.

Serotonin: in Mgs per Food 100g,

Bananas 7.7, Papayas, Pawpaw, Paw paw 1.5, Tomato 1.2, Avocados 1, Dates, dried 0.8, Plums 0.5

Silicon: in Mgs per Food 100g,

Oats, without husk, whole grain 425, Whole egg 300, Barley, without husk 188, Parsley leaf 12, Turnip 12, French beans, String Beans 10, Hazelnuts, Cobnut 10, Bananas 8, Wheat whole grain 8, Leeks 6, Blueberries, Bilberries, Huckleberries 5, Peas, seed, dry 3, Cucumber 3, Blackcurrants 3, Mandarins 3, Tomatoes, ripe 2.7, Tomato 2.7, Lettuce 2, Strawberries 2, Currants, red 2, Mutton 1, Red wine 1,

Nutrient Sources

Chocolate, Milk chocolate 1, Rose hips 1, Orange Juice, fresh original 1, Apple juice 1, Salmon, flesh 0.5, Parsnips 0.5, Apple 0.5, Apples 0.5, Horseradish 0.5, Rhubarb 0.5, Cauliflower 0.5, Green Peas (fresh) 0.4, Plums 0.4, Peaches 0.4, Beetroot 0.4, Eggs 0.3, Gooseberries 0.3, Grapes, dried 0.3, Grapes, natural 0.3, Pears 0.2, White cabbage 0.15, Peas in pod 0

Sodium in Mg per Food100g, Kelp 3021.13, Salt 2132, Olives, green marinated 2100, Salami, Sausage 2080, Asparagus, boiled drained 2000, Caviar 1940, Dill Pickles 1428, Ham 1400, Blue Cheese 1400, Soy Sauce 1319, Brie Cheese 1170, Herring, vinegar cured 1090, Pickled cucumber 960, Corn flakes 938, Camembert cheese 900, Gouda cheese 45% fat 869, Sardines, canned 832, Ripe olives 828, Liverwurst, Liver sausage 810, Sausage, liver 810, Wheat whole grain 801, Edam Cheese 30% fat 800, Parmesan Cheese 704, Corn flour 700, Black Pudding 680, Cheddar Cheese 675, Tomato puree 590, Beans, French beans, dried 570, Milk, dried skimmed 557, Bread rolls, wheat 542, Salmon, canned 540, Eel, smoked 500, Asparagus, canned 368, Sardines in oil 366, Sauerkraut 355, Mushrooms, canned 319, Tuna in oil 291, Anchovies 278, Lobster, Crawfish, 270, Scallops 265, Mackerel, smoked 261, Crayfish, Small lobster 253, Beans, French beans, canned 249, Sheep's kidney 239, Beef, liver 235, Kidneys, beef 235, Cottage Cheese, 230, Green peas, canned 222, Peas, Green peas canned 222, Calf's kidney 200, Beetroot juice 200, Spinach, canned 170, Egg White 170, Egg Yolk, dried 170, Smelt (small silvery fish) 156, Swiss Chard 147, Rose hips 146, Whole egg 144, Eggs 144, Mung Bean Sprouts 134, Celery 132, Beet Greens 130, Herring 117, Haddock 116, Beef, liver 116, Catfish 105, Calf's heart 104, Mandarins 102, Margarine (salted) 101, Hake 101, Sardines 100, Sole, fish 100, Mackerel 95, Sheep's liver 95, Veal, muscle only 94, Mutton 94, Flounder, fish 92, Calf's liver 87, Liver, calf 87, Chicken for roasting 82.50, Lemon sole 80, Brewer's Yeast (GTF) 77, Pork liver 77, Dandelion leaves 76, Pike, river 74.63, Cod, 72, Spinach 71, Lamb 70, Mullet 69, Chicken liver 68, Halibut 67, Lamb, muscle only 67, Turkey, young with skin 66, Chicken Breasts 66, Spinach, fresh 65, Eel, 65, Pork chops 65, Horse mackerel 64, Turkey, adult animal with skin 63, Trout, 62.86, Sesame Seeds 60, Carrots 60, Beets 60, Pork, Hind leg 59, Chocolate, Milk chocolate 58, Coffee powder 58, Turnip 58, Beetroot 58, Buttermilk 57, Pork muscle only 56, Beef, sirloin steak 55.34, Milk, skimmed 53, Watercress 52, Carrot Juice 52, Egg Yolk 51, Salmon, flesh 51, Beef rump 49.80, Turnips 49, Yoghurt, Milk 48, Cow's milk 48, Artichoke 47, Perch, river 47, Rabbit meat 47, Parsley 45, Yoghurt, reduced fat 45, Whey 45, Tuna, flesh 43, Kale 42, Goat's milk 42, Carrots, boiled 42, Figs, dried 40, Garlic, cloves 38, Dates, dried 35, Dates, dried 35, Coconut 35, Beet-sugar, unrefined 35, Parsley leaf 33, Kohlrabi 32, Gelatine 32, Bream 30.88, Lentils, dry 30, Sunflower Seeds 30, Soya bean sprouts 30, Peas, seed, dry 25.73, Chick-peas, dry 25, Raisins, Dried Grape, Sultanas 21, Grapes, dried 21, Broccoli 19, Chocolate, milk free 19, Barley, without husk 18, Radishes 17, Cauliflower 16, Mushrooms 15, Cashews 14, Lima Beans, dry 13.35, Human milk 12.66, Cowpeas, dry 12.27, Water cress 12, Parsley Root 12, White cabbage 11.67, Apricots, dried 11, Peanuts 10.96, Appricots, canned 10.4, Sweet potatoes 10, Yam tuber 10, Rice, unpolished 10, Brussels Sprout 9.57, Onions 9.5, Horseradish 9, Brown Rice 9, Cucumber 8.5, Oats, without husk, whole grain 8.4, Parsnips 8, Mushroom, cultivated 8, Lettuce 7.52, Honey 7.4, Tofu 7, Winter Squash 7, Oats, rolled 6.78, Pears, canned 6.09, Oatmeal 6, Bamboo shoots 6, Maize, whole grain 6, Oyster mushrooms 6, Rice, polished 6, Black tea 6, Peanuts, roasted 5.7, Tomato juice 5.1, Butter 5.1, Cress 5, Wheat Germ, 5, Mangos 5, Soya beans, 4.73, Leeks 4.5, Kiwi Fruit 4.1, Soya flour, full fat 4, Lamb's lettuce 4, Red cabbage 4, Red wine 4, Split Peas 3.84, Blueberries, canned 3.8, Tomato 3.7, Coffee, roasted 3.6, White Beans 3.5, Cola drinks 3.5, Papayas, Pawpaw 3.4,

Nutrient Sources

Potatoes 3.4, Tomatoes, ripe 3.37, Wheat flour (type 630) 3.25, Millet 3, Chives 3, Pecans nut 3, Blackberries 3, Blackberries, commercial 3, Zucchini, Summer squash 3, Avocados 3, Apples 3, Peaches, canned 2.77, Sweet cherries 2.7, Acerola 2.7, Lemon 2.7, Apple puree 2.7, Green Peppers, Paprika 2.65, Beer, Alcohol free 2.6, Strawberries 2.5, Walnuts 2.4, French beans, String Beans 2.4, Apple juice 2.2, Pineapple 2.1, Pears 2.1, Hazelnuts, Cobnut 2, Brazil Nuts 2, Rhubarb 2, Wheat Bran 2, Green Peas (fresh) 2, Peas in pod 2, Green peas, boiled 2, Apricots 2, Cranberries, Mountain-cranberries 2, Eggplant 2, White wine 2, Cherries 2, Grapes, natural 1.9, Cherries, canned 1.8, Sweet cherries, canned 1.8, Plums 1.7, Gooseberries 1.6, Grapefruit 1.6, Blackcurrants 1.5, Cassava tuber 1.47, Oranges 1.4, Currants, red 1.4, Orange juice, unsweetened Commercial 1.4, Raspberries 1.3, Peaches 1.3, Grapefruit Juice, fresh original 1.2, Potato dumpling 1.18, Pumpkin 1.1, Cotton seed oil, Cottonseed oil 1, Buckwheat flour 1, Corn Oil, Maize oil 1, Maize oil, 1, Pineapple, canned 1, Orange Juice, fresh original 1, Blueberries, Bilberries, Huckleberries 1, Bananas 1, Watermelon 0.5, Elderberries, black 0.5, Sweet corn 0.30

Threonine: important in protein balance, formation of collagen and elastin. High levels in heart muscles, central nervous system, skeletal muscles, prevents fatty build-up in liver. Helps immune system by increasing production of antibodies. Vegetarians likely to be deficient.

Threonine: in Mgs per 100g of food

Brewer's Yeast (GTF) 2560, Pork, fried liver, 1949.565, Gelatine 1820, Soya flour, full fat, 1610, Milk, dried skimmed 1610, Soya flour, 1576.36, Peas, seed, dry 1570, Wheat Germ 1550, Wheat germ, 1550, Soya beans, 1490, Parmesan Cheese 1450, Caviar 1350, Parmesan cheese, 1321.43, Flounder (baked), 1281.4569, Pork muscles only 1250, Trout, 1240.84, Tuna, canned in oil drained, 1240.838, Pork chops 1230, Tuna, flesh 1180, Chicken liver 1170, Beef, sirloin steak 1170, White Beans, 1150, Edam Cheese 30% fat 1140, Sardines in oil 1130, Chicken Breasts 1120, Sardines 1120, Salmon, flesh 1110, Sole, fish 1100, Beef rump 1100, Mutton 1090, Trout, 1082, Pork, Hind leg 1080, Edam cheese, 1071.43, Pork liver 1070, Pistachios, 1060, Perch, river 1060, Calf's liver 1050, Herring 1040, Tuna in oil 1020, Rabbit meat 1020, Mullet 1020, poultry, turkey, 1014, Chicken breasts, 1014, Egg Yolk 1010, Chicken for roasting 1010, Beef, liver 1010, Cowpeas, dry 1010, Horse mackerel 1000, Halibut 990, Cheddar cheese 980, Hake 980, Cod, 970, Mackerel, 970, Pork (roasted) 966.6666, Sirloin steak, 960.706, Liver (cooked), 956.73, Gouda cheese 45% fat 950, Turkey, young with skin 950, Pike, river 950, Lemon sole 950, Beef (roast), 934.44, Lima Beans, dry 930, Catfish 930, Calf liver (fried), 922.958, Salmon, canned 920, Sheep's liver 920, Haddock, raw 920, Flounder, fish 920, Blue Cheese 920, Sunflower seeds, 910, Ham 900, Crayfish, Small lobster 880, pickled herring, 877.04, Salmon, canned pink, 876, Pumpkin seeds, 870, Eel, 870, Salami, Sausage 862, Cheddar cheese, 862, Kidneys, beef 860, Peanuts 850, Peanuts, roasted 850, Lobster, Crawfish, 850, Camembert cheese 850, veal, 846, Lobster, Crawfish, 840, Lima beans, 836, Fish, cod (canned), 826.05, Lamb (leg), 824, Eel, smoked 820, Peanuts (roasted), 813.33, Turkey, adult animal with skin 810, Mungo beans, Black 810, Halibut, 806, Peanut butter, 803, Brie Cheese 800, Cottage cheese, 794, Chicken (breasts), 790, Herring, vinegar cured 790, Prawns (cooked), Shrimps 779.25, Pork, (loin), 761, Sheep's kidney 760, Calf's kidney 740, Chick-peas dry- 738, Liverwurst, 724, Fresh raw cod, 715, Whole egg 710, Eggs 710, Pork, ham, 705, Cashews 700, Chick-peas, dry 700, Liverwurst, Liver sausage 692, Sausage, liver 692, Cashews, 688, Lamb (rib), 682, Sesame seeds, 673.04, boiled egg, 636, Chicken liver, 632.229, Veal roast, Roast veal 619.426, Almonds, 610,

Nutrient Sources

Almonds, roasted 610, Wheat Bran 590, Egg White 580, Egg Yolk, dried 580, Oatmeal 560, Walnuts, 540, Buckwheat flour 540, Oats, rolled 530, Lentils (cooked), 496, Oats, without husk, whole grain 490, Oysters 480, Oatmeal, rolled oats, 470, Buckwheat 470, Green Peas (fresh) 450, Peas in pod 450, Wheat whole grain 430, Barley, without husk 430, Soybeans (cooked), 423, Millet 420, Brazils, 400, Brazil Nuts 400, Hazelnuts 400, Maize, whole grain 390, Pecans, 389, Wholewheat flour, 386.67, Wheat flour type 630 350, Hazelnuts, 346.666, Corn flour 330, Rice, unpolished 330, Corn flakes 320, Potato dumpling 320, Bread rolls, wheat 320, Wholewheat bread, 313.04, pork, cured, bacon medium fat, 306, Brown rice , 293.68, Potato soup 280, Rice, polished 280, Cornflakes, 275, Beans, red kidney, canned, 247, Milk, Goat's 230, Parsley leaf 186, Buttermilk, 170, Yoghurt (part skimmed), 170, Yoghurt, Milk 170, Brussels Sprout 160, Skim milk, 160, Cow's milk 160, Yoghurt, reduced fat 160, Green peas, canned 150, Sweet corn 130, Coconut 130, Kale 130, Broccoli 120, Oyster mushrooms 120, Figs, dried 120, Avocados 119, Cauliflower 110, Spinach, fresh, 110, Potato (baked with skin), 107, Cauliflower, 102, Brown rice (cooked), 98.67, Spinach, canned 97, Mushrooms, canned 94, Beans, French beans, String Beans 93, Potato 90, Potatoes 90, Mushroom, cultivated 87, Oatmeal (cooked), 86.86, Lamb's lettuce 85, Beans (green cooked), 84.44, Bamboo shoots 84, Parsley Root 80, Water cress 79, White rice (cooked), 78, Leeks 76, Whey 70, Human Milk 63, Asparagus 57, Asparagus (canned), 57, Asparagus, canned 57, Lettuce 56, Kohlrabi 56, Raisins, Dried Grape, Sultanas 55, Grapes, dried 55, Horseradish 54, Green Peppers, Paprika 49, Dates, dried 49, Parsnips 49, Peaches, canned 49, French beans, canned 47, Carrots , 43, Red cabbage 42, White cabbage 38, Banana, 38, Bananas 38, Tomato , 36, Carrots (cooked), 36, Carrots 36, Butter 34, Beetroot 33, Peach, 27, Peaches 27, Pumpkin 26, Strawberries 26, strawberries, 24.83, Tomato, 23, Onions 20, Oranges 20, Tomato juice 19, Sweet cherries 18, Cucumber 16, Rhubarb 14, Mandarins 11, Grapefruit 11, Lemon 10, Grapefruit Juice, fresh original 10, Apple 8, Apples 8, Orange juice, unsweetened product 7.7, Apple juice 2, Orange, 0, Mushrooms (tinned), 0

Tyrosine: in Mgs per Food 100g, Milk, dried skimmed 1780, Brewer's Yeast (GTF) 1760, Parmesan Cheese 1750, Lobster, Crawfish, 1520, Gouda cheese 45% fat 1480, Soya flour, full fat 1450, Edam Cheese 30% fat 1340, Camembert cheese 1310, Cheddar cheese 1300, Brie Cheese 1270, Soya beans, 1250, Peas, seed, dry 1220, Peanuts 1190, Peanuts, roasted 1190, Caviar 1130, Cheddar cheese, 1109, Peanuts (roasted), 1104, Peanut butter, 1071, Blue Cheese 1020, Wheat Germ 1010, Wheat germ, 1010, Tuna, flesh 970, White Beans 970, Cottage cheese, 917, Pork muscles only 910, Pork chops 890, Mungo beans, Black 880, Beef, sirloin steak 860, Chicken Breasts 850, Lima Beans, dry 850, Chicken liver 830, Eel, 820, Sardines 810, Beef rump 810, Crayfish, Small lobster 800, Hake 800, Horse mackerel 790, Pork liver 780, Pork, Hind leg 780, Egg Yolk 780, Beef, liver 770, Mutton 770, Chicken for roasting 760, Ham 760, Mullet 740, Perch, river 740, Pistachios, 740, Sardines in oil 730, Liver, calf 730, Salmon, flesh 720, Calf liver (fried), 711, Cod, 710, veal, 702, Pike, river 690, Salami, Sausage 684, Halibut 680, Trout, 680, Cashews 680, Herring 670, Lemon sole 670, Kidneys, beef 670, Beef (roast), 661, Chick-peas, dry 660, Sunflower seeds, 650, Chicken (breasts), 650, Mackerel, 640, Flounder, fish 640, Sheep's liver 640, Walnuts, 640, Lamb (leg), 625, Haddock, raw 620, Sole, fish 620, Eel, smoked 620, Calf's kidney 620, Cowpeas, dry 620, Almonds, roasted 620, Sheep's kidney 610, Whole egg 590, Eggs 590, Pork, (loin), 585, Oatmeal 580, Lobster, Crawfish, 570, Oats, rolled 570, boiled egg , 551, Salmon, canned pink, 546, Pork, ham, 542, Catfish 540, Oatmeal, rolled oats, 524, Lamb (rib), 517, Herring, vinegar cured 510, Bream 510, Liverwurst, 510, Corn flour 510, Halibut,

Nutrient Sources

503, Liverwurst, Liver sausage 487, Sausage, liver 487, Hazelnuts 470, Potato dumpling 470, Brazil Nuts 460, Brazils, 460, Egg White 460, Egg Yolk, dried 460, Wheat Bran 460, Oats, without husk, whole grain 450, Fresh raw cod, 446, Wheat whole grain 410, Bamboo shoots 400, Barley, without husk 390, Maize, whole grain 380, Green Peas (fresh) 350, Peas in pod 350, Brown rice , 347, Potato soup 340, Turkey, young with skin 330, Oysters 330, Rice, unpolished 320, Pecans, 316, Gelatine 300, Bread rolls, wheat 300, Wheat flour type 630 290, Cornflakes, 283, Turkey, adult animal with skin 280, Corn flakes 270, Millet 260, Rice, polished 260, Buckwheat flour 250, Milk, Goat's 240, pork, cured, bacon medium fat, 234, Buckwheat 220, Beans, red kidney, canned, 220, Figs, dried 220, Yoghurt (part skimmed), 200, Yoghurt, Milk 200, Yoghurt, reduced fat 180, Cow's milk 180, Skim milk, 180, Kale 180, Buttermilk, 140, Parsley leaf 126, Coconut 120, Green peas, canned 100, Spinach, fresh 80, Potato 80, Potatoes 80, Mushrooms, canned 76, Avocados 73, Spinach, canned 70, Mushroom, cultivated 66, Human Milk 56, Beans, French beans, String Beans 50, French beans, canned 41, Onions 41, Asparagus, canned 40, Leeks 38, Parsley Root 36, Butter 36, Cauliflower 35, Turnip 35, Water cress 34, Cauliflower, 34, Lettuce 34, Whey 32, Horseradish 32, Celery 31, Banana, 31, Potato (baked with skin), 30, Strawberries 29, Parsnips 26, Peaches, canned 24, Bananas 21, Peaches 20, Carrots , 20, Carrots 16, Carrots (cooked), 16, Pumpkin 15, Mandarins 14, Lemon 14, Oranges 13, Tomato 12, Rhubarb 11, Grapes, dried 10, Raisins, Dried Grape, Sultanas 10, Tomato juice 10, Sweet cherries 10, Grapefruit 7, Grapefruit Juice, fresh original 7, Apple 5, Apples 5, Orange juice, unsweetened product 3.3, Apple juice 1

Tryptophan: in Mgs per Food 100g,

Mungo beans, Black 1340, Turkey, young with skin 790, Brewer's Yeast (GTF) 740, Pork, fried liver, 613.043, Soya flour, 550, pumpkin seeds, 522.17, Parmesan cheese, 500, Parmesan Cheese 490, Milk, dried skimmed 490, Soya flour, full fat 480, Soya beans, 450, Cashews 450, Cashews, 430, Edam Cheese 30% fat 400, Edam cheese, 385.71, Camembert cheese 370, Peas, seed, dry 350, Brie Cheese 340, peanuts (roasted), 333.330, Wheat Germ 330, wheat germ, 330, Cowpeas, dry 330, peanut butter, 330, Mullet 320, Chicken liver 320, Peanuts 320, Peanuts, roasted 320, Cheddar cheese, 316, Pork muscles only 310, Chicken Breasts 310, Pork liver 310, Beef, liver 310, Beef, liver 310, Liver, calf 310, Sunflower seeds, 310, Sesame seeds, 309.130, Flounder (baked), 300, Pork chops 300, Tuna, flesh 300, Lima Beans, dry 300, liver (cooked), 298.900, Cheddar cheese 290, Beef, sirloin steak 290, Mutton 290, Egg Yolk 290, Tuna, canned in oil drained, 288.520, Calf liver (fried), 288.300, Chicken for roasting 280, Chicken liver, 276.380, Pork (roasted) 273.289, Mackerel, 270, Beef rump 270, Sheep's liver 270, Sirloin steak, 262.030, Halibut 260, Salmon, flesh 260, Pork, Hind leg 260, veal, 256, Beef (roast), 254.750, Veal roast, Roast veal 253.863, Wheat Bran 250, Chicken breasts, 249.720, Trout, 240, Haddock, raw 240, Sardines 240, Cod, 240, Kidneys, beef 240, Lamb (leg), 233, Ham 230, Chicken (breasts), 230, Hake 230, Whole egg 230, Eggs 230, White Beans 230, Perch, river 220, Pistachios, 220, trout , 215.01, pork, (loin), 213, Sardines in oil 210, Tuna in oil 210, Herring 210, Flounder, fish 210, Lemon sole 210, Blue Cheese 210, Sheep's kidney 210, boiled egg , 204, pickled herring, 203.97, Lima beans, 202, Horse mackerel 200, Salmon, canned pink, 200, Egg White 200, Egg Yolk, dried 200, Oatmeal 200, Hazelnuts 200, pork, ham, 197, lamb (rib), 193, fish, cod (canned), 192.05, Salmon, canned 190, Lobster, Crawfish, 190, Buckwheat flour 190, Oats, rolled 190, Oats, without husk, whole grain 190, liverwurst, 187, Halibut, 185, oatmeal, rolled oats, 183, prawns (cooked), 181.240, Eel, 180, Eel, smoked 180, Liverwurst, Liver sausage 180, Sausage, liver 180, Millet 180, hazelnuts, 180, Cottage cheese, 179, Salami, Sausage 176, Brazil Nuts 170, Brazils, 170, Herring,

Nutrient Sources

vinegar cured 170, Almonds, 170, Almonds, roasted 170, Walnuts, 170, Buckwheat 170, soybeans (cooked), 165, fresh raw cod, 164, chick-peas dry- 164, Pike, river 160, Turkey, adult animal with skin 160, Chick-peas, dry 160, Wholewheat flour, 160, Catfish 150, Wheat whole grain 150, Barley, without husk 150, Wheat flour type 630 150, lentils (cooked), 140, pecans, 138, Sole, fish 130, Bream 130, Wholewheat bread, 126.090, Lobster, Crawfish, 120, Green Peas (fresh) 100, Peas in pod 100, pork, cured, bacon medium fat, 95, Rice, unpolished 90, Rice, polished 90, Potato soup 90, Parsley leaf 89, Brown rice , 83.680, Oysters 80, Maize, whole grain 70, Bread rolls, wheat 70, Potato dumpling 70, Kale 64, beans, red kidney, canned, 53, cornflakes, 52, Corn flakes 50, Corn flour 50, Milk, Goat's 50, Brussels Sprout 50, Cow's milk 49, skim milk, 49, Dates, dried 49, Dates, dried 49, Yoghurt (part skimmed), 45, Yoghurt, Milk 45, Yoghurt, reduced fat 42, Spinach, fresh 41, Figs, dried 40, Coconut 39, Buttermilk, 38, Broccoli 37, Mushrooms, canned 37, Spinach, canned 36, Green peas, canned 36, Peas, green and canned, Green peas canned 36, Cauliflower 34, Cauliflower, 33, oatmeal (cooked), 32.200, Oyster mushrooms 30, Potato 30, Potatoes 30, Parsley Root 28, Brown rice (cooked), 27.330, Beans, French beans, String Beans 27, Water cress 26, potato (baked with skin), 26, Bamboo shoots 26, Mushroom, cultivated 24, Asparagus (canned), 23, Asparagus 23, Asparagus, canned 23, Beans (green cooked), 22.400, Avocados 22, White rice (cooked), 22, Leeks 22, Human milk 22, Beans, French beans, canned 21, Lamb's lettuce 20, Onions 19, Banana, 18.666, Bananas 18, Whey 17, Sweet corn 16, Horseradish 16, Pumpkin 15, Strawberries 15, Parsnips 14, Beetroot 13, Kohlrabi 12, Red cabbage 12, Celery 11, Lettuce 11, Carrots , 10, Carrots 10, Carrots (cooked), 10, Tomato , 10, Butter 9, Green Peppers, Paprika 9, strawberries, 8.72, Peaches, canned 8, Sweet cherries 8, Oranges 7, Rhubarb 7, Gelatine 6, Mushrooms (tinned), 6, Tomato 6, Peaches 5, Grapes, dried 5, Raisins, Dried Grape, Sultanas 5, peach, 4, Mandarins 4, Lemon 4, Cucumber 4, Tomato juice 4, Grapefruit 4, Grapefruit Juice, fresh original 4, Orange, 2.78, Orange juice, unsweetened product 2.2, Apple 2, Apples 2, Apple juice 1.

Vanadium: in Mcg per Food100g

Helps cellular metabolism, necessary in formation of bones and teeth, inhibits cholesterol synthesis, blood sugar regulation, fertility, hormone production, deficiency associated with cardiovascular and kidney disease, interacts with chromium. Tobacco use decreases uptake.

Buckwheat 100, Parsley 80, Radishes 79, Soybeans 70, Egg Yolk 68, Safflower Oil 64, Eggs 42, Sunflower Seed Oil, refined 41, Egg White 37, Egg Yolk, dried 37, Oats, without husk, whole grain 35, Olive Oil 30, Cod, 19, Beans, French beans, String Beans 15, Corn 15, Sunflower Seeds 15, Dill Pickles 14, Dill Weed 14, Green Beans 14, Oysters 11, Peanut Oil 11, Cabbage 10, Carrots 10, Garlic, cloves 10, other possible sources seafood, mushrooms, gelatin, liver.

Vitamin B3 (Nicotinic acid, niacin:) in Mgs per Food100g, Release of energy from food, healthy skin, blood cells, digestion, growth and development. hormone production, healthy brain and nervous system, French beans, dried 340, Soya bean sprouts 153, Brewer's Yeast (GTF) 44.8, Yeast, Torula 44.4, Rice Bran 29.8, Rice polishings 28.2, Coffee powder 22, Peanuts. salted 21.3, Anchovies 20, Wheat Bran 17.7, Peanuts with skin 17.2, Liver, lamb 16.9, Liver, pork 16.4, Peanuts without skins 15.8, Pork liver 15.7, Peanuts 15.310, Sheep's liver 15.3, Calf's liver 15, Liver, calf 15, Beef, liver 14.7, Peanuts, roasted 14.3, Coffee, roasted 13.8, Liver, beef 13.6, Chicken liver 11.6, Turkey, light meat 11.3, Tuna in oil 10.8, Chicken, light meat 10.7, Chicken Breasts 10.5, Turkey, adult animal with skin 10.5, Mackerel, smoked 10, Oyster mushrooms 10, Sardines 9.7, Rabbit meat 8.6, Tuna, flesh 8.5, Trout 8.4, Heart, veal 8.1, Chicken, flesh only 8, Turkey, flesh only 8,

Nutrient Sources

Turkey, young with skin 8, Black tea 7.7, Goose, flesh only 7.7, Heart, Beef 7.5, Mackerel 7.5, Salmon, flesh 7.5, Sheep's kidney 7.130, Salmon, canned 6.810, Chicken for roasting 6.8, Calf's heart 6.6, Veal, muscle only 6.5, Sardines in oil 6.480, Calf's kidney 6.470, Lamb, muscle only 6.2, Wild Rice 6.2, Beef, liver 6.170, Kidneys, beef 6.170, Cheese, Camembert Cheese 6.170, Chicken Giblets 6.1, Halibut 5.9, Mutton 5.8, Chicken, flesh & skin 5.6, Sesame Seeds 5.4, Sunflower Seeds 5.4, Mushroom, cultivated 5.2, Rice, unpolished 5.2, Wheat whole grain 5.1, Beef, lean 5.1, Pork muscle only 5, Beef, sirloin steak 4.9, Barley, without husk 4.8, Brown Rice 4.7, Wheat Germ, 4.520, Beef rump 4.5, Pine Nuts 4.5, Piccalilli 4.5, Buckwheat, whole grain 4.4, Peppers, red chilli 4.4, Wheat, whole grain 4.4, Pork chops 4.3, Whole wheat flour 4.3, Mushrooms 4.2, Almonds, roasted 4.180, Herring 3.8, Mullet 3.8, Liverwurst, Liver sausage 3.6, Sausage, liver 3.6, Eel, smoked 3.5, Ham 3.5, Trout, 3.410, Flounder, fish 3.4, Horse mackerel 3.4, Pork, Hind leg 3.3, Apricots, dried 3.2, Shrimps, Prawns 3.2, Haddock 3.1, Sole, fish 3, Buckwheat 2.9, Buckwheat flour 2.9, Semolina 2.9, Green peas, canned 2.8, Peas, seed, dry 2.780, Cowpeas, dry 2.690, Eel, 2.6, Salami, Sausage 2.6, Soya beans, 2.490, Catfish 2.4, Green Peas (fresh) 2.380, Peas in pod 2.380, Oats, without husk, whole grain 2.370, Cod, 2.3, Mungo beans, Black 2.3, Soya flour, full fat 2.2, Oysters 2.170, Passion Fruit, Passionfruit 2.1, Kale 2.1, Crayfish, Small lobster 2, Green peas, boiled 2, Parsley Root 2, Pecans nut 2, Cashews 2, White Beans 1.970, Corn flour 1.930, Lima Beans, dry 1.910, Dates, dried 1.9, Dates, dried 1.9, Lobster, Crawfish, 1.820, Millet 1.8, Parsley 1.8, Kohlrabi 1.8, Cress 1.750, Perch, river 1.740, Sweet corn 1.7, Chick-peas, dry 1.640, Pike, river 1.6, Winter Squash 1.6, Macadamia Nuts 1.5, Maize, whole grain 1.5, Tomato puree 1.480, Elderberries, black 1.480, Smelt (small silvery fish) 1.450, Pistachio Nuts 1.450, Corn flakes 1.4, Hazelnuts, Cobnut 1.350, Parsley leaf 1.350, Rice, polished 1.3, Okra, (Gumbo) 1.3, Mushrooms, canned 1.220, Potatoes 1.220, Black Pudding 1.2, Camembert cheese 1.2, Figs, dried 1.150, Brie Cheese 1.130, Bread rolls, wheat 1.1, Watercress 1.1, Avocados 1.1, Milk, dried skimmed 1.1, Oats, rolled 1, Broccoli 1, Boysenberries 1, Walnuts 1, Parsnips 0.94, Asparagus, boiled drained 0.93, Lentil sprouts 0.92, Artichoke 0.9, Plantain 0.9, Green peas canned 0.88, Chocolate, milk free 0.86, Peaches 0.85, Wheat flour type 630 0.84, Blue Cheese 0.81, Asparagus, canned 0.8, Dandelion leaves 0.8, Mung Bean Sprouts 0.79, Apricots 0.77, Tomato juice 0.72, Mangos 0.7, Brussels Sprout 0.67, Turnip 0.67, Bananas 0.65, Water cress 0.65, Spinach, fresh 0.62, Beer, Alcohol free 0.61, Split Peas 0.61, Cauliflower 0.6, Chestnuts, fresh 0.6, Garlic 0.6, Garlic, cloves 0.6, Endive 0.6, Chives 0.6, Cassava tuber 0.6, Horseradish 0.6, Bamboo shoots 0.6, Yam tuber 0.6, Carrots 0.58, Peaches, canned 0.58, French beans, String Beans 0.57, Celery 0.55, Leeks 0.53, Tomato 0.53, Tomatoes, ripe 0.53, Strawberries 0.51, Grapes, dried 0.5, Appricots, canned 0.5, Pumpkin 0.5, Olives, green marinated 0.5, Raisins, Dried Grape, Sultanas 0.5, Carrots, boiled 0.48, Rose hips 0.48, Chocolate, Milk chocolate 0.46, Plums 0.44, Red cabbage 0.43, Acerola 0.41, Kiwi Fruit 0.41, Blackberries 0.4, Blackberries, commercial 0.4, Zucchini, Summer squash 0.4, Cherries 0.4, Blueberries, Bilberries, Huckleberries 0.4, Blueberries, canned 0.39, Coconut 0.38, Lamb's lettuce 0.38, Green Peppers, Paprika 0.33, Lettuce 0.32, White cabbage 0.32, Goat's milk 0.32, French beans, canned 0.3, Spinach, canned 0.3, Papayas, Pawpaw, Paw paw 0.3, Apple juice 0.3, Oranges 0.3, Apples 0.3, Raspberries 0.3, Orange Juice, fresh original 0.29, Blackcurrants 0.28, Sweet cherries 0.27, Gooseberries 0.25, Rhubarb 0.25, Radishes 0.25, Orange juice, unsweetened product 0.25, Grapefruit 0.24, Grapes, natural 0.23, Currants, red 0.23, Beetroot 0.23, Pineapple 0.22, Pears 0.220, Brazil Nuts 0.2, Tofu 0.2, Cucumber 0.2, Mandarins 0.2, Pineapple, canned 0.2, Onions 0.2, Grapefruit Juice, fresh original 0.2, Whey 0.19, Cherries, canned 0.18, Sardines, canned 0.18, Sweet cherries, canned 0.18, Parmesan Cheese 0.17, Sauerkraut

Nutrient Sources

0.17, Lemon 0.17, Human Milk 0.17, Watermelon 0.15, Mozzarella Cheese 0.14, Honey 0.13, Pears, canned 0.13, Apple puree 0.12, Cheddar Cheese 0.11, Cottage Cheese, 0.11, Gouda cheese 45% fat 0.1, Red wine 0.1, White wine 0.1, Edam Cheese 30% fat 0.1, Buttermilk 0.1, Milk, skimmed 0.095, Egg White 0.09, Yoghurt, Milk 0.09, Cow's milk 0.09, Egg Yolk, dried 0.09, Yoghurt, reduced fat 0.086, Whole egg 0.083, Eggs 0.083, Egg Yolk 0.065, Butter 0.034

Vitamin B5 (Pantothenic acid) in Mgs per food 100 g,

Yeast, Torula 11, Calf's liver 7.9, Liver, calf 7.9, Sheep's liver 7.6, Beef, liver 7.3, Brewer's Yeast (GTF) 7.21, Chicken liver 7.16, Pork liver 6.8, Sheep's kidney 4.52, Calf's kidney 4, Beef, liver 3.85, Kidneys, beef 3.85, Egg Yolk 3.72, Mungo beans, Black 3.5, Milk, dried skimmed 3.45, Calf's heart 2.78, Peanuts 2.7, Brains, all kinds 2.6, Heart 2.6, Wheat Bran 2.5, Lobster, Crawfish, 2.4, Mushrooms 2.2, Peanuts, roasted 2.14, Peanuts. salted 2.1, Mushroom, cultivated 2.1, Tongue, beef 2, Split Peas 2, Soybean Flour 2, Blue Cheese 2, Peas, seed, dry 1.99, Perch, river 1.9, Soya beans, 1.86, Soya flour, full fat 1.8, Trout, 1.72, Rice, unpolished 1.7, Soybeans 1.7, Pecans nut 1.7, Whole egg 1.6, Eggs 1.6, Watermelon 1.6, Oatmeal, dry 1.5, Buckwheat flour 1.45, Soya bean sprouts 1.44, Cheese, Camembert Cheese 1.4, Lentils 1.4, Sunflower Seeds 1.4, Cowpeas, dry 1.39, Chick-peas, dry 1.31, Black tea 1.3, Rye Flour, whole 1.3, Lima Beans, dry 1.29, Broccoli 1.29, French beans, dried 1.24, Buckwheat 1.2, Cashews 1.2, Wheat Germ, toasted 1.2, Garbanzos 1.2, Wheat whole grain 1.18, Hazelnuts, Cobnut 1.15, Turkey, adult animal with skin 1.1, Turkey, dark meat 1.1, Veal, lean 1.1, Peppers, red chilli 1.1, Whole wheat flour 1.1, Sardines 1.1, Brown Rice 1.1, Avocados 1.1, Oats, rolled 1.09, Salmon, flesh 1.02, Cauliflower 1.01, Chicken, dark meat 1, Wild Rice 1, Blackeye Peas, dry 1, Wheat Germ, 1, Kale 1, Chicken for roasting 0.96, Herring 0.94, Camembert cheese 0.9, Chocolate, Milk chocolate 0.9, Sweet corn 0.89, White Beans 0.87, Veal, muscle only 0.85, Turkey, young with skin 0.84, Chicken Breasts 0.84, Sardines, canned 0.84, Apricots, dried 0.83, Walnuts 0.82, Dates, dried 0.8, Dates, dried 0.8, Mushrooms, canned 0.8, Salmon, canned 0.744, Green Peas (fresh) 0.72, Peas in pod 0.72, Oats, without husk, whole grain 0.71, Pork muscle only 0.7, Brie Cheese 0.69, Barley, without husk 0.68, Tuna, flesh 0.66, Maize, whole grain 0.65, Smelt (small silvery fish) 0.64, Rice, polished 0.63, Asparagus, boiled drained 0.62, Lentil sprouts 0.6, Beef rump 0.59, Almonds, roasted 0.58, Olives, green marinated 0.56, Corn flour 0.55, Pork chops 0.53, Parmesan Cheese 0.53, Sardines in oil 0.511, Mackerel, smoked 0.5, French beans, String Beans 0.5, Parsnips 0.5, Bread rolls, wheat 0.5, Lamb, muscle only 0.48, Chestnuts, fresh 0.47, Mackerel 0.46, Celery 0.43, Potatoes 0.4, Pumpkin 0.4, Blackcurrants 0.4, Cherries 0.4, Coffee powder 0.4, Figs, dried 0.39, Plantain 0.37, Mung Bean Sprouts 0.369, Chocolate, milk free 0.35, Yoghurt, Milk 0.35, Cow's milk 0.35, Gouda cheese 45% fat 0.34, Whey 0.34, Beef, sirloin steak 0.33, Yoghurt, reduced fat 0.33, Acerola 0.33, Oysters 0.32, Red cabbage 0.32, Tomato 0.31, Tomatoes, ripe 0.31, Goat's milk 0.31, Halibut 0.305, Wheat flour type 630 0.3, Parsley 0.3, Parsley leaf 0.3, Semolina 0.3, Edam Cheese 30% fat 0.3, Raspberries 0.3, Strawberries 0.3, Buttermilk 0.3, Apricots 0.29, Cheddar Cheese 0.29, Eel, 0.28, Milk, skimmed 0.28, Carrots 0.27, Lemon 0.27, Okra, (Gumbo) 0.26, White cabbage 0.26, Cod, 0.256, Spinach, fresh 0.25, Grapefruit 0.25, Oranges 0.24, Cucumber 0.24, Bananas 0.23, Green Peppers, Paprika 0.23, Sauerkraut 0.23, Brazil Nuts 0.23, Orange Juice, fresh original 0.23, Coffee, roasted 0.23, Haddock 0.221, Blackberries 0.22, Blackberries, commercial 0.22, Tuna in oil 0.218, Human Milk 0.21, Tomato juice 0.2, Turnip 0.2, Coconut 0.2, Red wine 0.2, Gooseberries 0.2, Sweet cherries 0.19, Elderberries, black 0.18, Pineapple 0.18, Radishes 0.18, Plums 0.18, Onions 0.17, Corn flakes 0.17, Orange juice, unsweetened product 0.16, Blueberries, Bilberries, Huckleberries 0.16, Grapefruit

Nutrient Sources

Juice, fresh original 0.16, Leeks 0.14, Peaches 0.14, Egg White 0.14, Egg Yolk, dried 0.14, Beetroot 0.13, Asparagus, canned 0.13, Zucchini, Summer squash 0.119, Green peas, canned 0.11, Lettuce 0.11, Green peas canned 0.11, Watercress 0.1, Grapes, dried 0.1, Raisins, Dried Grape, Sultanas 0.1, Apples 0.1, Kohlrabi 0.1, Appricots, canned 0.1, Cherries, canned 0.1, Sweet cherries, canned 0.1, French beans, canned 0.09, Rhubarb 0.084, Beer, Alcohol free 0.077, Honey 0.07, Apple puree 0.07, Tofu 0.068, Grapes, natural 0.063, Pears 0.062, Currants, red 0.06, Apple juice 0.055, Spinach, canned 0.05, Peaches, canned 0.05, Butter 0.047, Pineapple, canned 0.03, White wine 0.022, Pears, canned 0.02, Wheat, whole grain 0

Vitamin B6 (Pyridoxine) in Mgs per Food100g,

Brewer's Yeast (GTF) 4.41, Yeast, Torula 3, Sunflower Seeds 1.25, Lobster, Crawfish, 1.18, Wheat Germ, toasted 1.15, Soya beans, 1, Salmon, flesh 0.98, Sardines 0.96, Oats, without husk, whole grain 0.96, Walnuts 0.87, Liver, beef 0.84, Soybeans, dried 0.81, Chicken liver 0.8, Okra, (Gumbo) 0.8, Wheat Bran 0.729, Beef, liver 0.71, Trout, flesh 0.69, Mackerel, flesh 0.66, Liver, pork 0.65, Mackerel 0.63, Soybean Flour 0.63, Lentils, dry 0.6, Pork liver 0.59, Buckwheat flour 0.58, Pork muscle only 0.565, Barley, without husk 0.56, Blackeye Peas, dry 0.56, Pork chops 0.555, Chick-peas, dry 0.55, Brown Rice 0.55, Garbanzos 0.54, Chicken Breasts 0.532, Avocados 0.53, Pinto Beans, dry 0.53, Millet 0.519, Soya flour, full fat 0.513, Calf's kidney 0.5, Chicken for roasting 0.5, Plantain 0.5, Wheat Germ, 0.492, Lima Beans, dry 0.47, Tuna, flesh 0.46, Herring 0.45, Salmon, canned 0.45, Peanuts 0.44, Cowpeas, dry 0.44, Abacore, flesh 0.44, Beef, lean 0.43, Chives 0.42, Halibut 0.42, Kidneys, veal 0.41, White Beans 0.409, Ham 0.4, Peanuts, roasted 0.4, Peanuts. salted 0.4, Veal, muscle only 0.4, Maize, whole grain 0.4, Beef, liver 0.39, Kidneys, beef 0.39, Sheep's liver 0.37, Bananas 0.363, Brussels Sprout 0.336, Chestnuts, fresh 0.33, Hazelnuts, Cobnut 0.313, Potatoes 0.307, Rabbit meat 0.3, Cress 0.3, Egg Yolk 0.3, Rye Flour, whole 0.3, Kale 0.3, Calf's heart 0.29, Milk, dried skimmed 0.28, Broccoli 0.28, Camembert cheese 0.28, Spinach 0.28, Rice, unpolished 0.275, Carrots 0.27, Wheat whole grain 0.269, French beans, String Beans 0.264, Peppers, sweet red 0.26, Turnip Greens 0.26, Leeks 0.257, Heart, Beef 0.25, Flounder, fish 0.25, Kale 0.25, Lamb's lettuce 0.25, Black tea 0.25, Tuna in oil 0.25, Elderberries, black 0.25, Green Peppers, Paprika 0.247, Prunes 0.24, Parsley Root 0.23, Brie Cheese 0.23, Perch, flesh 0.23, Sweet corn 0.22, Sardines in oil 0.22, Oysters 0.22, Wheat flour type 630 0.22, Spinach, fresh 0.22, Sweet potatoes 0.22, Sauerkraut 0.21, Oatmeal 0.2, Cheese, Camembert Cheese 0.2, Cauliflower 0.2, Parsley 0.2, Parsley leaf 0.2, Cod, 0.2, Molasses 0.2, Popcorn, popped 0.2, Tomato puree 0.18, Horseradish 0.18, Blue Cheese 0.18, White cabbage 0.174, Calf's liver 0.17, Liver, calf 0.17, Sardines, canned 0.17, Apricots, dried 0.17, Eel, smoked 0.16, Soya bean sprouts 0.16, Oats, rolled 0.16, Green Peas (fresh) 0.16, Peas in pod 0.16, Honey 0.159, Almonds, roasted 0.155, Onions 0.152, Herring, vinegar cured 0.15, Pike, river 0.15, Rice, polished 0.15, Lentil sprouts 0.15, Red cabbage 0.15, Semolina 0.15, Lamb, muscle only 0.13, Dates, dried 0.13, Dates, dried 0.13, Watercress 0.13, Orange juice, unsweetened product 0.127, Mushrooms 0.1242, Figs, dried 0.12, Peas, seed, dry 0.118, Chocolate, Milk chocolate 0.11, Parsnips 0.11, Pumpkin 0.11, Brazil Nuts 0.11, Tomato juice 0.11, Grapes, dried 0.11, Raisins, Dried Grape, Sultanas 0.11, Apples 0.103, Tomato 0.1, Tomatoes, ripe 0.1, Parmesan Cheese 0.096, Apple juice 0.096, Celery 0.09, Oyster mushrooms 0.088, Whole egg 0.084, Eggs 0.084, Blackcurrants 0.08, Gouda cheese 45% fat 0.08, Edam Cheese 30% fat 0.08, Turnip 0.08, Raspberries 0.075, Pineapple 0.075, Grapes, natural 0.073, Kohlrabi 0.071, Watermelon 0.07, Apricots 0.07, Corn flakes 0.07, Pineapple, canned 0.07, Spinach, canned 0.069, Mushroom, cultivated 0.065,

Nutrient Sources

Mozzarella Cheese 0.06, Mushrooms, canned 0.06, Asparagus, boiled drained 0.06, Corn flour 0.06, Strawberries 0.06, Lemon 0.06, Coconut 0.06, Radishes 0.06, Blueberries, Bilberries, Huckleberries 0.06, Green peas, canned 0.06, Apple puree 0.06, Lettuce 0.057, Cheddar Cheese 0.055, Cherries 0.05, Chocolate, milk free 0.05, Milk, skimmed 0.05, Orange Juice, fresh original 0.05, Blackberries 0.05, Blackberries, commercial 0.05, Beetroot 0.05, Appricots, canned 0.05, Rose hips 0.048, Tofu 0.047, Yoghurt, Milk 0.046, Green peas canned 0.046, Sweet cherries 0.045, Plums 0.045, Currants, red 0.045, Yoghurt, reduced fat 0.044, Whey 0.042, Bread rolls, wheat 0.04, Buttermilk 0.04, Cow's milk 0.036, Cucumber 0.035, Rhubarb 0.035, Beer, Alcohol free 0.034, Coffee powder 0.03, Asparagus, canned 0.03, French beans, canned 0.03, Grapefruit 0.028, Goat's milk 0.027, Peaches 0.026, Mandarins 0.023, Olives, green marinated 0.023, Blueberries, canned 0.02, Red wine 0.02, White wine 0.02, Peaches, canned 0.018, Gooseberries 0.015, Pears 0.015, Grapefruit Juice, fresh original 0.014, Human Milk 0.01357, Cranberries, Mountain-cranberries 0.012, Egg White 0.012, Egg Yolk, dried 0.012, Cottage Cheese, 0.01, Cherries, canned 0.01, Sweet cherries, canned 0.01, Pears, canned 0.01, Acerola 0.0087, Gelatine 0.0058, Butter 0.005, Coffee, roasted 0.001

Vitamin B12 (Cobalamin) in mcg in 100g of food,

Clams 98, Liver, lamb 81, Liver, beef 80, Kidneys, lamb 79, Beef, liver 65, Sheep's kidney 63, Calf's liver 60, Liver, calf 60, Pork liver 39, Sheep's liver 35, Beef, liver 33.4, Kidneys, beef 33.4, Chicken liver 25.030, Calf's kidney 25, Sardines, canned 23, Oysters 14.6, Heart, lamb 14, Roe, Cod, fried 11, Heart, Beef 11, Calf's heart 11, Mackerel 9, Herring 8.5, Brains, lamb, broiled 8, Sausage, liver 8, lamb, tongue 7, Rabbit meat 6, Horse mackerel 6, tongue, canned 5, Tuna, canned 5, Trout 5, Salmon, canned 4.5, Tuna, flesh 4.250, Brains, all kinds 4, Smelt (small silvery fish) 3.440, Camembert cheese 3.1 paste 3, Salmon, flesh 2.890, Lamb, muscle only 2.7, Milk, dried skimmed 2.2, Beef rump 2.2, Sweetbread (thymus) 2.1, Lamb 2.1, Pork muscle only 2.040, lamb, shoulder 2, Milk (whole dried) 2, Whey, dried 2, Egg Yolk 2, Cottage Cheese, 2, Veal, muscle only 2, Whole egg 1.860, Eggs 1.860, Swiss Cheese 1.8, Beef, lean 1.8, Edam Cheese 30% fat 1.8, Brie Cheese 1.7, Gruyere Cheese 1.6, Parmesan Cheese 1.5, Salami, Sausage 1.4, Tuna in oil 1.3, Haddock, flesh 1.3, Danish blue cheese 1.2, Cheese, Camembert Cheese 1.2, Flounder, flesh 1.2, Scallops 1.2, Cod, 1.160, Perch, fillets 1, Swordfish, flesh 1, Olives, green marinated 1, Eel, smoked 1, Eel, 1, Yoghurt, Milk 1, Flounder, fish 1, Mozzarella Cheese 1, Halibut 1, Cheddar Cheese 0.957, Lobster, Crawfish, 0.947, Haddock 0.737, Blue Cheese 0.590, Cow's milk 0.412, Watercress 0.4, Chicken for roasting 0.4, Chicken Breasts 0.4, Buttermilk 0.2, Whey 0.2, Sardines in oil 0.160, Sardines 0.140, Ham 0.1, Egg Yolk, dried 0.1, Egg White 0.1, Human milk 0.050, Milk, skimmed 0, Goat's milk 0

Vitamin K: in mcg per 100g of food,

Kale 817, Chives 380, Spinach, canned 290, Grapeseed oil 280, Brussels Sprout, 275, Chick-peas, dry 264, Black tea 262, Water cress 250, Spinach, fresh 240, Spinach, New Zealand 240, Lettuce 200, Soya flour, full fat 200, Soya beans, 190, Cauliflower 150, Egg Yolks 147, Wheat Germ, 131, Mungo beans, Black 130, Beef, liver 100, Beef, liver 100, Broccoli 100, Cabbage 100, Liver, beef 100, Rose hips 92, Calf's liver 88.5, Peas, seed, dry 81, Wheat Bran 81, Chicken liver 80, White cabbage 79.5, Oats, rolled 63, Sauerkraut 61.67, Butter 60, Corn Oil, Maize oil 60, Maize oil, 60, Pistachio Nuts 59.5, Pork liver 56, Oats, without husk, whole grain 50, Olive Oil 49.6, Whole egg 47.5, Maize, whole grain 40, Soya beans, 39, Green Peas (fresh) 33.4, Peas in pod 33.4, Kiwi Fruit 28.5, Cashews 26, Honey 25, Red cabbage 24.5, Wheat Germ Oil, 24, Green peas, boiled 23, Beans, cooked and dried 22, French beans, String Beans 22, Asparagus, boiled drained

Nutrient Sources

21, Avocados 20.33, Pears 20.33, Potatoes 20, Potatoes with skin 20, Celery 19, Peas (dried) 19, Cucumber 16.14, Carrots 15, Carrots, boiled 15, Cocoa butter 15, Walnut oil 15, Green Peppers, Paprika 14.9, Leeks 14, Mushroom, cultivated 14, Strawberries 13.5, Plums 12, Rhubarb 11, Safflower Oil 11, Zucchini, Summer squash 11, Coconut oil 10, Coffee, roasted 10, Pecans nut 10, Sesame seed oil 10, Sesame seed oil 10, Hazelnuts, Cobnut 9, Palm oil 8, Tomato 8, Tomatoes, ripe 8, Sunflower Seed Oil, refined 7.5, Beef, lean 7, Kohlrabi 7, Lima Beans, dry 6, Appricots, canned 5, Mackerel 5, Milk (whole dried) 5, Milk, raw 5, Cow's milk 4, Milk, dried skimmed 4, Milk, skimmed 4, Orange Juice, fresh original 4, Tomato juice 4, Oranges 3.75, Cheddar Cheese 3, Grapes, dried 3, Grapes, natural 3, Peaches 3, Soybean Oil, refined 3, Sweet corn 3, Apples 2.2, Walnuts 2, Parsnips 1, Peanut Oil 0.7, Parsley leaf 0.62, Bananas 0.5, Human Milk 0.483, Lemon 0.2, Apple juice 0.1, Oysters 0.1, Pineapple 0.1, Pork muscle only 0.018

Zinc: in Mgs per Food 100g

Helps prostate functioning, immune system, protein synthesis, collagen formation, wound healing, sense of taste, bone formation, constituent of insulin, many enzymes, superoxide dismutase (SOD), antioxidant, maintains vitamin E levels, increases absorption of vitamin A, skin healing, do not take more than 100 mgs daily.

Oysters 45, Wheat Bran 16, Wheat Germ, 12, Liver, calf 8.4, Yeast, dried Baker's 8, Brewer's Yeast (GTF) 8, Cocoa (dry powder) 7, Ginger Root 6.8, Pork liver 6.350, King Crab 6, Lamb 5.3, Crabs 5, Soya flour, full fat 4.9, Beef, liver 4.830, Oats, without husk, whole grain 4.5, Pecans nut 4.5, Split Peas 4.2, Soya beans, 4.180, Milk, dried skimmed 4.1, Blue Cheese 4.1, Beef, sirloin 4.070, Oats, rolled 4.060, Brazil Nuts 4, Edam Cheese 30% fat 4, Gouda cheese 45% fat 3.9, Cheddar Cheese 3.9, Liver, beef 3.9, Beef rump 3.860, Egg Yolk 3.8, Chick-peas, dry 3.540, Peas, seed, dry 3.450, Camembert cheese 3.4, Peanuts, roasted 3.380, Chicken liver 3.210, Rye 3.2, Whole Wheat 3.2, Black tea 3.190, Lima Beans, fresh 3.1, Soy Lecithin 3.1, Parmesan Cheese 3, Peanut Butter 3, Peanuts, salted 3, Walnuts, English 3, Lima Beans, dry 2.970, Sardines 2.9, Peanuts 2.830, Walnuts 2.7, Wheat whole grain 2.690, White Beans 2.640, Barley, without husk 2.530, Cowpeas, dry 2.5, Buckwheat 2.5, Maize, whole grain 2.5, Almonds, roasted 2.170, Turkey, young with skin 2.1, Cashews 2.090, Beef, liver 2.080, Kidneys, beef 2.080, Peanuts with skin 2, Chocolate, milk free 2, Chocolate, Milk chocolate 2, Pork, lean 2, Turkey, adult animal with skin 2, Clams 1.9, Hazelnuts, Cobnut 1.870, Millet 1.8, Kidneys, Calf's 1.8, Eel, 1.750, Tuna, canned 1.7, Lobster, Crawfish, 1.6, Rice, unpolished 1.520, Shrimps, Prawns 1.5, Anchovies 1.4, Horseradish 1.4, Whole egg 1.350, Eggs 1.350, Dandelion leaves 1.2, Turnips 1.2, Bread rolls, wheat 1.1