

Foods for Sources of Vitamins and Minerals - USDA

Vitamins

Vitamin B-6

Bananas
Fish (most)
Liver
Meat
Nuts and seeds
Potatoes and sweetpotatoes
Poultry
Whole-grain and fortified cereals

Vitamin B-12

Eggs
Fish and shellfish
Fortified cereals
Meat
Milk and milk products
Organ meats

Vitamin D

Egg yolk
Fortified cereals
Fortified milk
Liver
High-fat fish

Vitamin E

Margarine
Nuts and seeds
Peanuts and peanut butter
Vegetable oils
Wheat germ
Whole-grain and fortified cereals

Folate

Dark green vegetables
Dry beans, peas, and lentils
Enriched grain products
Fortified cereals
Liver
Orange juice
Wheat germ
Yeast

Vitamin K

Broccoli
Brussels sprouts
Cabbage
Leafy green vegetables
Mayonnaise
Soybean, canola, and olive oils

Minerals*Iodine*

Iodized salt

Saltwater fish and shellfish

Magnesium

Cocoa and chocolate

Dark green vegetables (most)

Dry beans, peas, and lentils

Fish

Nuts and seeds

Peanuts and peanut butter

Whole grains

Phosphorus

Dry beans, peas, and lentils

Eggs

Fish

Meat

Milk and milk products

Nuts and seeds

Poultry

Whole grains

Zinc

Dry beans, peas, and lentils

Meat

Poultry

Seeds

Shellfish

Whole-grain and fortified cereals