

## SOURCES OF MICRONUTRIENTS IN THE BODY



**VITAMIN A**- butter, milk, ghee, curds, eggs, liver and fish liver oil, green leafy vegetables like spinach, bathua, methi, red and yellow vegetables like carrots, tomato, pumpkin, papaya, mangoes, apricots, squash.

**VITAMIN D**- synthesized in skin during exposure to sunlight, liver, fish, egg yolk, milk, butter, ghee.

**VITAMIN E**- whole grain cereals, soybeans, peanut coconut, margarine and vegetable oil (soybean, corn, safflower, and cottonseed).

**VITAMIN K**- green leafy vegetables like spinach, methi, radish leaves, cabbage, cauliflower, wheat bran, organ meats, cereals, some fruits, meats, dairy products, eggs.

**VITAMIN B- COMPLEX**- whole cereals, pulses, sprouted food, eggs, liver, milk and its product are rich in riboflavin, green leafy vegetables like spinach, methi, radish leaves, bathua are rich in riboflavin and folic acid, peas, nuts.

**VITAMIN C**- oranges, sweet lime, lemons, sprouted grams, guava, pineapple, cabbage, green chilies, green leafy vegetables like spinach, methi, radish leaves, broccoli, green and red peppers Amla is a cheap and rich source of vitamin c.

**CALCIUM**- milk and milk products (except ghee and butter), green leafy vegetables like spinach, methi, animal food such as meat, fish, egg, broccoli, cabbage, kale, tofu, sardines and salmon.

Ragi is a rich source of calcium,

Til oil is very rich in calcium. To a certain extent cereals contain calcium.

**IRON**- wholegrain cereals, green leafy vegetables like spinach, methi, egg yolk, liver, meat.

Jaggery is a very good source of iron.

**IODINE**- salt and other food fortified with iodine. Sea food.

### **OTHER NUTRIENTS AND TRACE ELEMENTS**

**SODIUM**- Sodium is found in table salt, baking soda, monosodium glutamate (MSG), various seasonings, additives, condiments, meat, fish, poultry, dairy foods, eggs, smoked meats, olives, and pickled foods.

**POTASSIUM**- Sources: bananas, raisins, apricots, oranges, avocados, dates, cantaloupe, watermelon, prunes, broccoli, spinach, carrots, potato, sweet potato, winter squash, mushrooms, peas, lentils, dried beans, peanuts, milk, yogurt, lean meats.

**DIETARY FIBER** Sources of fibre from highest to lowest are high fibre grain products, nuts, legumes (kidney, navy, black and pinto beans), vegetables, fruits, and refined grain products.

**Soluble Fiber:** may help lower blood cholesterol by inhibiting digestion of fat and cholesterol; helps control blood-sugar in people with diabetes.

It is found in peas, beans, oats, barley, some fruits and vegetables (apples, oranges, carrots), and psyllium.

**Insoluble Fiber:** helps prevent constipation, haemorrhoids, and diverticulosis.

It is found in bran (wheat, oat, and rice), wheatgerm, cauliflower, green beans, potatoes, celery.

### **GOOD FAT**

**Polyunsaturated Fat:** . tends to lower blood cholesterol levels

It is found mostly in plant sources. (safflower, sunflower, soybean, corn, cottonseed)

**Mono-unsaturated Fat:** tends to lower LDL cholesterol (the "bad" cholesterol)

It is found in both plant and animal products, such as olive oil, canola oil, peanut oil, and in some plant foods such as avocado

**PHOSPHOROUS-** milk, grains, lean meats, food additives.

**MAGNESIUM-** dairy products, meat, fish, poultry, green vegetables, legumes.

**ZINC-** meat, seafood, and liver, eggs, milk, whole-grain products.

**PANTOTHENIC ACID-** egg yolk, liver, kidney, yeast, broccoli, lean beef, skim milk, sweet potatoes, molasses.

**COPPER-** seafood, nuts, legumes, green leafy vegetables.

**MANGANESE-** whole grain products, fruits and vegetables, tea.

Shivangi Jain  
BHMS, MD, PGDMLE, PGDHHM  
drshivangijain79@gmail.com  
<https://drshivangihomoeopathy.com/>