

Table 5

FOODS HIGH IN VITAMINS, MINERALS AND AMINO ACIDS

KEY

R: Range of foods listed per 100 grams or 3.5 ounces, **DEF:** Deficiency symptoms, **OD:** Overdose symptoms, **NA:** Not Applicable. Amounts in parenthesis are the suggested supplements from tables, or suggested RDA in italics.

VITAMINS

B₁ - Thiamine (500-1,000 mg +):

R: 1-10 mg; soybeans, nutritional yeast.

R: 0.1-1.0 mg; plums, prunes, raisins, asparagus, beans, broccoli, Brussels sprouts, cauliflower, kohlrabi, leeks, lentils, parsley, peas, potatoes, watercress, brown and wild rice, almonds, brazil nuts, cashews, chestnuts, peanuts, pecans, walnuts, cod, mackerel, salmon, mushrooms.

DEF: neuron degeneration, fatigue, weight loss, anorexia, gastro-intestinal complaints, weakness, loss of reflexes, circulation and heart problems, depression, irritability, memory loss, wasting away of muscles, senile dementia, schizophrenia, alcoholism.

OD: NA

B₃ - Niacin (500 mg +):

R: 10-100 mg; brown and wild rice, halibut, nutritional yeast.

R: 1-10 mg; avocados, dates, figs, prunes, asparagus, beans (kidney, lima, snap, wax), broccoli, corn, lentils, parsley, peas, potatoes, soybeans, almonds, cashews, chestnuts, walnuts, molasses, fish, mushrooms.

DEF: Sleep disturbance, irritability, skin problems, weakness, anorexia, fatigue, headaches, insomnia, and memory loss.

OD: NA at doses less than 1.0g/kg of body weight (2,000 mg/lb). Generates fat in the liver (can be useful to recovering alcoholics with cirrhosis for short period).

C - Vitamin C (2,000 mg +):

R: 100-300 mg (fresh); red peppers, green peppers, broccoli, Brussels sprouts, horseradish, parsley, turnip greens, black currants, guava, and rose hips.

DEF: Repeated sickness, weakness, listlessness, rough skin, aching joints, poor wound healing, teeth and gum detects, low blood sugar.

OD: NA at doses less than 7,000 mg per day; it may be advisable to use doses of 14,000 mg per day for short periods in order to correct immune imbalances, drug overdose or abuse, stabilize brain-chemistry in mental disorders, lower insulin and reduce the effects of heavy metal or chemical toxicity, among other things. However, a medical professional should be consulted and diet should be corrected immediately.

Lecithin or Choline (75 mg +):

R: 100-390 mg; Nutritional yeast, soybeans, leafy greens.*

DEF: Memory loss, impotency, depression, learning disabilities, violence, schizophrenia, senility, obesity.

OD: NA

A - Vitamin A (3,000 I.U.):

R: 10,000 I.U.; carrot, mint, kohlrabi, parsley, leafy greens.¹

R: 1,000-10,000 I.U.; cheese (except cottage), white fish, broccoli, sweet potatoes, tomatoes, mangoes, apricots, yellow melons, peaches, nectarines, sour cherries.

DEF: Night blindness, eye disorders, liver disorders, adrenal disorders.

OD: 50,000 I.U.; irritability, headache, fatigue, hair loss, itchy skin, poor clotting.

E - Vitamin E (100 I.U./ 10 I.U.):

R: 50-300 I.U.; oils, sunflower seeds.

R: 5-50 I.U.; wheat germ, barley, soybeans, poppy and sesame seeds, lima beans, sweet potatoes, almonds, nuts, rose hips.

¹ * non-oxalate. See Food Combining Chart.

DEF: Liver, adrenal, skin and blood vessel problems.

OD: High blood pressure, allergies, nausea.

MINERALS

Ca - Calcium (400 mg/ 800 mg):

R: 200-400 mg; sardines, almonds, filberts, sesame seeds, leafy greens², soybeans, cheese, blackstrap molasses, nutritional yeast.

R: 100-200 mg; salmon, mackerel, anchovy, sunflower seeds, brazil nuts, pistachios, oats, buckwheat, figs (dry), cabbage, chickpeas, mung beans, broccoli, parsley, onions, red kidney beans, yogurt, milk.

DEF: Irritability, muscle cramps, bone fragility.

OD: Thyroid problems, excess gastric acidity, calcium deposits on bones, kidney stones.

Cr - Chromium (50-200 mg):

R: 30-200 mg; wine, nutritional yeast, black pepper, molasses.

R: 12-30 mg; eggs, brown rice, potatoes, honey, orange juice.

DEF: Low blood sugar, headaches, fatigue.

OD: Increased anxiety, low energy, chronic fatigue, muscle weakness, low blood sugar, mood swings.

Cu - Copper (2 mg):

R: 1-10 mg; perch, almonds, pecans, walnuts, filberts, brazil nuts, sesame seeds, sunflower seeds, pistachio, soybeans, whole wheat, yeast, mushrooms.

R: 0.01-1.0 mg; halibut, flounder, cod, tuna, mackerel, peanuts, barley, wheat, oats, rice, apples, bananas, lemons, dates, apricots, berries, avocado, asparagus, artichokes, onion, potato, eggplant, lentils, sweet potatoes, olives, celery, leeks, okra, horseradish, eggs, honey, black pepper.

DEF: Depression, fatigue, lost sex-drive, low stamina.

² non-oxalate. See Food Combining Chart.

OD: Nausea, yellow diarrhea, dizziness.

I - Iodine (0.1 mg):

R: 30-500 mg; kelp, dulse, nori, cod, haddock, flounder, halibut, herring, sunflower seeds.

R: -50 mg; sea bass, sardines, tuna, mackerel, salmon, perch, sole, bluefish, turnip greens, asparagus, cheddar, iodized salt.

DEF: Malfunctioning pituitary, reproductive failure, increased cholesterol.

OD: Brassy taste, head-cold symptoms, diarrhea, skin lesions, burning in throat and mouth.

Fe - Iron (10 mg; 20 mg):

R: 5-18 mg; pistachio nuts, pine nuts, black walnuts, sesame seeds, sunflower seeds, pumpkin seeds chives, parsley, soybeans, brown and wild rice, nutritional yeast, molasses.

R: 1-5 mg; herring, mackerel, sardines, tuna, almonds, brazil nuts, cashews, pecans, walnuts, barley, brown rice, oats, buckwheat, dates, figs, raisins, olives, beets, radishes, green vegetables, broccoli, Brussels sprouts, peas, lentils, garbanzos.

DEF: Fatigue, depression, decreased resistance to infection, anemia, sore tongue, depressed growth.

OD: Pallor, increased respiration, prolonged clotting time, increased histamine.

Mg - Magnesium (100 mg +):

R: 200-400 mg; nuts (esp. almonds, brazils, cashews), soybeans, parsnips, wild rice, nutritional yeast.

R: 100-200 mg; corn, peas, carrots, beet greens, barley, millet, oats, rye.

DEF: Muscle twitching, poor muscle tone, irritability, poor growth, depression, senility, confusion, hyperactivity, insomnia, seizures, heartburn.

OD: Diarrhea.

Mn - Manganese (50 mg; 100 mg):

R: 1-10 mg; sunflower seeds, coconuts, pecans, walnuts, chestnuts, almonds, brazil nuts, berries (esp. blueberries), olives, avocados, corn, parsley, brown

and wild rice, kelp, dulse, cloves.

R: 0.1-1.0 mg; peaches, bananas, berries, pineapples, peas, eggplant, asparagus, Brussels sprouts, potatoes, yams, onions, carrots, broccoli, green and red peppers, nutritional yeast, molasses.

DEF: Poor blood sugar, depression.

OD: Sleep disturbance, poor appetite, violence, nausea, and headache.

Mo - Molybdenum (0.5 mg):

R: 0.1-0.4 mg; sunflower seeds, soybeans, lentils, peas, buckwheat, oats, barley.

R: 0.01-0.1 mg; eggs, coconut, brown and wild rice, apricots, cantaloupes, raisins, green beans, yams, potatoes, zucchini, molasses.

DEF: Depressed growth, cavities.

OD: Severe diarrhea.

K - Potassium (2,500 mg):

R: 400-1000 mg; halibut, herring, ling cod, sardines, pecans, sesame seeds, sunflower seeds, walnuts, almonds, brazil nuts, cashews, chestnuts, filberts, avocado, dates, figs, raisins, garlic, horseradish, lentils, parsley, potato, artichokes, buckwheat, rye, molasses, mushrooms, kelp, dulse, nutritional yeast.

DEF: Muscle weakness, heart problems, sterility, weight loss, bone fragility.

OD: Diarrhea, dehydration, fever, respiratory failure, depression, confusion.

Se - Selenium (0.0004 mg):

R: 0.03-0.1 mg; tuna, mackerel, herring, cod, flounder, salmon, brazil nuts, cashews, brown rice, barley, nutritional yeast.

R: 0.01-0.03 mg; walnuts, oats, garlic, lentils, molasses, mushrooms.

DEF: Infertility, skin problems, varicose veins.

OD: Loss of weight, hair and vitality, weakness.

Zn - Zinc (25 mg;50 mg):

R: 4-10 mg; sunflower seeds, pumpkin seeds, mustard, Nutritional yeast, cheese, herring.

R: 0.4-4.0 mg; tuna, perch, cashews, avocado, parsley, okra, carrots, asparagus,

molasses.

DEF: Sexual disorders, impotence, stretch marks on skin, white spots on fingernails, poor wound healing, stunted growth, dwarfism, birth defects, dermatitis, poor mental functioning, anorexia.

OD: Fatigue, diarrhea, slow reflexes, central nervous system depression.

AMINO ACIDS

Phenylalanine:

Tempeh (cultured soybeans), carrots, parsley, tomato, pineapple, apple, nutritional yeast, lentils, potatoes, millet.

Tryptophan:

Tempeh, carrots, celery, endive, fennel, snap beans, Brussels sprouts, chive, alfalfa, turnips, nutritional yeast, lentils, millet.

Tyrosine:

Brown and wild rice, seeds, potatoes, nutritional yeast, tempeh, alfalfa, carrots, cucumbers, lettuce, parsnips, parsley, asparagus, leeks, red peppers, watercress, strawberries, cherries, apples, watermelon, figs, almonds, millet, apricot, soybeans, lentils.

Methionine:

Brussels sprouts, cabbage, cauliflower, horseradish, chive, garlic, watercress, pineapple, apple, brazil nuts, filberts, millet, soybeans, lentils, potatoes.

Foods That Reoccur and Therefore Should Be Included In a Good Diet:

Nutritional yeast, soybeans, tempeh, brown and wild rice, millet, almonds, sunflower seeds, sesame seeds, potatoes, lentils, onions, garlic, parsley, cabbage, carrots, nuts, avocados, seaweeds (dulse, kelp, nori, etc.) apples, prunes, dates, figs, red peppers, leeks, berries, Brussels sprouts, broccoli, fish (not shellfish, scavengers or predatory fish), molasses, okra, asparagus, all bean

