

Important Minerals and Vitamins in your diet

Minerals:

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

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Vitamins:

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