

Food Source of Vitamins

Vitamin A	Beef liver, watercress, cabbage, squash, sweet potatoes, melon, pumpkin & pumpkin seeds, mangoes, tomatoes, broccoli, apricot, papayas, tangerines, asparagus, cashew nuts, beans, fish liver oil, dairy products, eggs
Vitamin B1	Watercress, squash, courgette, lamb, asparagus, mushrooms, peas, lettuce, peppers, cauliflower, cabbage, tomatoes, brussel sprouts, beans, brown rice, egg yolk, fish, wholegrains, meat, nuts, endive
Vitamin B2	Mushrooms, watercress, cabbage, asparagus, broccoli, pumpkin, beansprouts, mackerel, milk, cheese, bamboo shoots, tomatoes, wheatgerm, egg yolks, wholegrains, yogurt, poultry
Vitamin B3	Mushrooms, tuna, chicken, salmon, asparagus, cabbage, lamb, mackerel, turkey, tomatoes, courgette, squash, cauliflower, whole-wheat, potatoes, egg, milk, red meat, fish
Vitamin B5	Mushrooms, watercress, broccoli, alfalfa sprouts, peas, lentils, cabbage, tomatoes, celery, strawberries, eggs, squash, avocados, whole-wheat, rye flour, brewers yeast, nuts, meat
Vitamin B6	Watercress, cauliflower, cabbage, peppers, bananas, squash, broccoli, asparagus, lentils, kidney beans, brussel sprouts, onions, seeds & nuts, brewers yeast, chicken, carrots, eggs, wheatgerm, peas, meat
Vitamin B12	Oysters, sardines, tuna, lamb, eggs, shrimp, cheese (esp. cottage cheese), milk, turkey, chicken, sea vegetables, brewers yeast, soya beans, yogurt
Folic acid	Wheatgerm, spinach, nuts (esp. peanuts, hazelnuts, cashews, walnuts), sprouts, asparagus, sesame seeds, broccoli, cauliflower, avocados, chicken, root vegetables, mushrooms, fish, liver, legumes
Biotin	Cauliflower, lettuce, peas, tomatoes, oysters, grapefruit, watermelon, sweetcorn, cabbage, almonds, cherries, herrings, milk, eggs, brewers yeast, wholegrains
Vitamin C	Peppers, watercress, cabbage, broccoli, cauliflower, strawberries, citrus fruit, kiwi, peas, melons, tomatoes, parsley, blackcurrants, apples, papaya, bean sprouts
Vitamin D	Herrings, mackerel, salmon, oysters, cottage cheese, eggs, fortified cereals
Vitamin E	Sunflower seeds, peanuts, sesame seeds, beans, peas, wheatgerm, tuna, sardines, salmon, sweet potatoes
Vitamin K	Cauliflower, brussel sprouts, lettuce, cabbage, beans, broccoli, peas, watercress, asparagus, potatoes, tomatoes, egg yolks, milk, honey, soya beans, yogurt