

Vitamin A

- Meat
- Dark Leafy Green Vegetables
- Cherries
- Guavas
- Cantaloupe

Beta-carotene

- Apricots
- Chives
- Onions
- Plums
- Spinach

Vitamin B-complex

- Swiss Chard
- Pinto Beans
- Eggs
- Whole Grains
- Bananas

Vitamin C

- Citrus Fruits
- Berries
- Tomatoes
- Broccoli
- Bell Peppers

Vitamin E

- Avocados
- Nuts
- Pumpkin
- Fish
- Spinach

Iron

- Red Meat
- Egg Yolks
- Spinach
- Lentils
- Chicken

Amino Acids

- Seafood
- Soybeans
- Eggs
- Dairy Products
- Seeds

Magnesium

- Fish
- Dark Leafy Greens
- Avocados
- Whole Grains
- Bananas

Copper

- Squash
- Nuts
- Chocolate
- Oysters
- Seafood

Zinc

- Red Meat

Seafood

- Fortified Cereals
- Beans
- Mushrooms