



# The Functional Foodie

## Functional Food Lists

### Vitamin sources:

**Vitamin A** - cheese, eggs, oily fish, milk, yoghurt, liver and liver products, yellow, red and green (leafy) vegetables (spinach, carrots, sweet potatoes, red pepper, mango, papaya, apricots)

**B1 (thiamine)** - wholegrains, lentils, green leafy veg, asparagus, tomatoes, peppers, mushrooms, aubergine, nuts, sunflower seeds, fish, pork.

**B2 (riboflavin)** - watercress, asparagus, broccoli, cabbage, leafy greens, tomatoes, mushrooms, milk, cheese, offal, fish, eggs., beans.

**B3 (niacin)** - wholegrains, green leafy veg, mushrooms, squash, tomatoes, cauliflower, peanuts, beef offal, chicken, pork, turkey, fish, sunflower seeds

**B5 (pantothenic acid)** - wholegrains, yogurt, berries, lemons, watermelon, green veg, alfalfa sprouts, carrots, celery, avocado, sweet potato, squash, cauliflower, mushrooms, broad beans, chickpeas, eggs

**B6 (pyridoxine)** - wholegrains, bananas, mango, fish, avocado, green veg, cauliflower, peppers, squash, potato, onions, nuts, seeds, lentils, kidney beans, chickpeas, soya beans, chicken, pork, turkey

**B12 (cyanocobalamin)** - meat, fish, dairy, eggs

**vitamin C** - a large range of foods, particularly fresh fruit and vegetables, especially brightly coloured varieties

**vitamin D** - oily fish (and fish oils like cod liver oil)), beef liver, cheese, milk, egg yolks, button mushrooms, and oysters

## **Mineral sources –**

**Folic acid/folate** - peas, spinach, broccoli, cabbage, asparagus, avocado, cauliflower, fish, turkey, calf's liver, nuts, beans and pulses, oranges

**selenium** - wheatgerm, Brewer's yeast, calf's liver, turkey, chicken, fish, cottage cheese, mozzarella, cabbage, mushrooms, courgette, garlic, spinach, wholegrains, tofu, sunflower seeds

**magnesium** - spinach, watercress, peppers, avocado, broccoli, Brussels sprouts, cabbage, nuts, seeds, wholegrains, natural yogurt, baked beans, bananas, kiwi, strawberries, blackberries, oranges, crab, potato skin

**choline** - egg yolks, green leafy veg, offal, wheatgerm

**calcium** - dairy products, walnuts, peanuts, almonds, sunflower and pumpkin seeds, salmon, sardines, dried beans, cabbage greens, kale, broccoli

**iron** - pork, red meat, liver, oysters, clams, beans (esp dried), egg yolks, asparagus, spinach, nuts and seeds, dried fruit

**copper** - peas, dried beans, whole wheat, seafood, offal, prunes

**zinc** - seafood, haddock, nuts, cheese, yogurt, beans/pulses, meat, seeds, mushrooms, spinach, asparagus, broccoli, squash, kiwi, blackberries

**chromium** - lamb, chicken, oysters, clams, eggs, peppers, apples, parsnips, calf's liver, cheese, wheatgerm, wholemeal/rye

## **Amino acid sources –**

**tryptophan** - lean meat (esp turkey, chicken, pork), dairy, prawns, oats, brown rice, some fruit (e.g. bananas, pineapple, plums, dates, figs, prunes), eggs, tofu (organic fermented), spirulina, almonds, walnuts, Brazil nuts, hazelnuts, sunflower seeds, sesame seeds, pumpkin seeds, lentils, kidney beans, chickpeas, soybeans, watercress, mushrooms, peanuts, parsley, cauliflower, kale, broccoli, spinach, cabbage, cacao

**tyrosine** - lean meat/fish, cheese, some veg (eg avocado, green beans, tomatoes, spinach), tofu, miso, soy sauce, yeast extract, some fruit (eg bananas, plums, prunes)

## **Essential fatty acid sources -**

**Omega 3** - oily fish, halibut, cod, pollock, mussels, prawns, flax/hemp/sunflower seeds, walnuts, pecans, hazelnuts, beef (especially grass fed), chicken (free range, organic), organic milk/dairy, organic rapeseed oil and some nut oils. Meat, eggs and dairy products' omega 3 component content is dependent on diet - a natural diet yields higher ratios

**Omega 6** – sunflower/pumpkin seeds/oils, walnuts, olive oil.