



## Nutrient Guide

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### VITAMINS

#### A

Dark Green Leafy Vegetables  
Cantaloupe  
Carrots  
Spinach (raw)  
Chard  
Tomato  
\*Egg Yolk  
Parsley  
Sweet Potatoes  
Butternut & Winter Squash  
Beet Greens  
Chives  
Watercress  
Broccoli

#### B - 1 (Thiamine)

Brewer's Yeast  
Soy Beans (dry)  
Wheat Germ  
\*\*Sunflower Seeds  
Oatmeal, Rolled Oats  
\*\*Brazil Nuts  
Soya Milk  
\*\*Sesame Seeds  
Buckwheat  
Lima, Pinto, Mung Beans  
Peas  
\* Egg Yolk  
Commeal  
Lentils

#### B - 2 (Riboflavin)

Mushrooms  
Brewer's Yeast  
\*Eggs  
Beef  
Chicken  
Spinach  
Almonds  
Wheat Germ (fresh)

Swiss & Cheddar Cheese  
Millet  
Soy Beans  
Parsley  
Cashew Nuts  
Rice Bran  
Lentils  
\*\*Sesame Seeds  
\*\*Sunflower Seeds  
Rye  
Broccoli  
Mung Beans  
Avocados  
Asparagus  
Dark Leafy Green Vegetables

#### B - 6 (Pyridoxine)

Soy Beans  
\*Fresh Salmon  
Brewer's Yeast  
Molasses  
Wheat Bran  
Beef  
Cod  
Wheat Germ  
Sunflower Seeds  
Chicken  
Tuna  
\*\*Walnuts  
Lentils  
Lima, Navy Beans  
Buckwheat  
Blackeyed Peas  
Brown Rice  
Garbanzo, Pinto Beans  
Bananas  
Halibut  
Avocados  
Kale  
Rye  
Spinach  
Turnip Greens  
Sweet Red Peppers  
Potatoes

Sardines  
Brussel Sprouts  
Perch  
Barley  
Cauliflower  
Red Cabbage  
Leeks

#### B - 12 (Cyanocobalamin)

\*Oysters  
\*Salmon  
Fresh Sole Filet  
Chicken  
\*Eggs  
Soy Beans  
\*Clams  
Sardines  
Brook Trout  
Tuna  
Haddock  
Flounder  
Halibut  
Perch  
\*Swordfish

#### Pantothenic Acid

\*Eggs  
Soy Beans  
Broccoli  
Wheat Germ (fresh)  
Wheat Bran  
Mushrooms  
\*Beef  
Haddock  
Brewer's Yeast  
Green Leafy Vegetables  
Peas  
Beans

#### Folacin (Folic Acid)

Wheat Germ  
Asparagus

Lettuce  
Dark Leafy Green Vegetables  
Spinach  
Fresh Orange Juice  
Legumes  
Broccoli

**Boitin**  
Brewer's Yeast  
Brown Rice  
Soy Beans

**Paba**  
(Para Amino Benzoic Acid)  
Brewer's Yeast  
Whole Grains  
\*Eggs  
Yoghurt

**Choline**  
Brewer's Yeast  
Wheat Germ (fresh)  
\*Egg Yolk  
Green Leafy Vegetables  
Legumes

**Inositol**  
Brewer's Yeast  
Wheat Germ (fresh)  
Whole Grains  
Oatmeal  
Corn  
\*\*Nuts (raw and unsalted)  
Molasses  
Citrus Fruit

**Niacin**  
\*Salmon  
Tuna  
Chicken  
Halibut  
\*Beef  
All Bran  
Mushrooms  
Brewer's Yeast

**C**  
Red Chilli Peppers  
Guavas  
Red Sweet Peppers  
Kale  
Parsley  
Collards

Turnip Greens  
Green Sweet Peppers  
Broccoli  
Brussel Sprouts  
Mustard Greens  
Cauliflower  
Persimmons  
Red Cabbage  
Strawberries  
Papaya  
Spinach  
Oranges  
Cabbage  
Lemons  
Grapefruit  
Turnips  
Mangos  
Watercress  
Asparagus  
Cantaloupe  
Swiss Chard  
Green Onions  
Okra  
Tangerines  
\*Oysters  
Lima Beans  
Blackeyed Peas  
Green Peas  
Radishes  
Raspberries  
Chinese Cabbage  
Yellow Summer Squash  
Honeydew Melons  
Tomatoes

**D**  
Sunlight  
Fish Liver Oils  
\*Eggs

**Bioflavonoids**  
Fresh Fruits  
Fresh Vegetables  
Buckwheat  
Citrus (esp. the pulp)  
Green Peppers  
Grapes  
Apricots  
Strawberries  
Black Currents  
Cherries  
Prunes

**Vitamin E**  
Soy Bean Oil (unrefined)  
Wheat Germ Oil (unrefined)  
Wheat Germ (fresh)  
Whole Grains  
\*\*Nuts (raw and unsalted)  
Sprouts  
Green Leafy Vegetables  
\*Eggs

## MINERALS

**Calcium**  
Turnip Greens  
Almonds  
Parsley  
Corn Tortillas  
Dandelion Greens  
Watercress  
Yogurt  
Beet Greens  
Buckwheat  
Sesame Seeds  
Broccoli  
\*\*Walnuts  
Spinach  
\*\*Pecans  
Romaine  
Rutabaga  
Green Beans  
Globe Artichoke  
Dry Beans  
Cabbage  
Sprouts  
Oranges  
Celery  
Whole Grain Rice  
Carrots  
Barley  
Sweet Potatoes  
Brown Rice  
Garlic  
Summer Squash  
Onions  
Lemons  
Green Peas  
Cauliflower  
Lentils  
Cherries  
Asparagus  
Winter Squash  
Strawberries  
Millet

Pineapple  
Grapes  
Beets  
Cantaloupe  
Jerusalem Artichokes  
Tomatoes  
Eggplant  
Chicken/Turkey  
Bananas  
Avocado

**Chromium**

Brewer's Yeast  
Yeast (risen bread products)  
Wheat Germ (fresh)  
Mushrooms

**Copper**

\*Eggs  
Brewer's Yeast  
Almonds  
Peas  
Green Leafy Vegetables  
Whole Grains  
Prunes  
Raisins  
Pomegranates

**Flourine**

Oats  
Sunflower Seeds  
\*Goat's Milk  
Carrots  
Garlic  
Beet Tops  
Green Vegetables  
Almonds

**Iodine**

Ocean Fish  
Shell Fish  
Spinach  
Seaweeds, Kelp, Dulse  
Swiss Chard  
Turnip Greens  
Garlic  
Watercress  
Pineapples  
Peas  
Artichoke  
Citrus Fruit  
\*Egg Yolks

**Iron**

Prune Juice  
Beef  
Soy Beans  
Chicken  
\*Eggs  
Millet  
Parsley  
Kidney Beans  
\*Clams  
Dried Split Peas  
\*Mussels  
\*Oysters  
\*Venison  
Almonds  
Hazelnuts  
Whole Grain Oats  
Sardines  
Whole Grain Wheat  
Beet Greens  
Swiss Chard  
Dandelion Greens  
\*Walnuts  
Spinach  
\*Sesame Seeds  
\*Pecans  
Lentils

**Magnesium**

Almonds  
Buckwheat  
\*\*Filbert Nuts  
Millet  
Whole Grain Wheat  
\*\*Pecans  
\*\*Walnuts  
Whole Grain Rye  
Beet Greens  
Spinach  
Brown Rice  
Swiss Chard  
\*Shrimp  
Corn  
Avocado  
Parley  
Dry Beans  
Barley  
Dandelion Greens  
Garlic  
Fresh Green Peas  
Potato with skin  
\*Crab

**Banana**

Sweet Potatoes  
Black berries  
Beets  
Broccoli  
Cauliflower  
Carrots  
Celery  
Asparagus  
Turkey/Chicken  
Green Peppers  
Winter Squash  
Cantaloupe  
Eggplant  
Tomato  
Cabbage  
Grapes  
Pineapple  
Mushrooms  
Onions  
Oranges  
Plums  
Apples

**Manganese**

Wheat Germ (fresh)  
Green Leafy Vegetables  
Spinach  
Beets  
Brussel Sprouts  
Blueberries  
Oranges  
Grapefruit  
Apricots  
Bran  
Peas  
Kelp

**Phosphorus**

Tuna  
Wheat Germ (fresh)  
Soy Beans  
\*\*Brazil Nuts  
Fish  
Dried Fruits  
Corn

**Potassium**

Kidney Beans  
Parsley  
Dry Split Peas  
Lentils

\*\*Sesame Seeds  
Fennel  
Almonds  
Buckwheat  
Spinach  
\*\*Hazelnuts  
Avocado  
\*\*Pecans  
Yams  
Sardines  
Swiss Chard  
Sweet Potatoes  
Garlic  
Mushrooms  
Brook Trout  
\*\*Walnuts  
Brussel Sprouts  
Turnip Greens  
Apricots  
Millet  
Bananas  
Scallops  
Potato with skin  
Kale  
Broccoli  
Winter Squash  
Chicken/Turkey  
Carrots  
Celery  
Radishes  
Cauliflower  
Winter Squash  
Asparagus  
Red Cabbage  
Cantaloupe  
Lentils  
Tomatoes  
Papaya  
Eggplant  
Green Pepper  
Beets  
Peaches  
Summer Squash  
Oranges  
  
Selenium  
Brewer's Yeast  
Apple Cider Vinegar  
Scallops  
Barley  
Whole Grain Wheat  
\*Lobster  
Red Swiss Chard

Whole Grain Oats  
\*Clams  
\*King Crab  
\*Oysters  
Cod  
Brown Rice  
Turnips  
Garlic  
Barley  
Mushrooms  
Turkey/Chicken  
Radishes  
\*\*Pecans  
\*\*Hazelnuts  
Almonds  
Green Beans  
Kidney Beans  
Onions  
Carrots  
Cabbage  
Oranges  
  
Silicon  
Young Green Plants  
Nettles  
Alfalfa  
Kelp  
\*\*Flaxseed  
Oats  
Apples  
Strawberries  
Grapes  
Beets  
Onions  
Parsnips  
Almonds  
\*\*Sunflower Seeds  
  
Sulphur  
Radish  
Onion  
Celery  
String Beans  
Watercress  
Kale  
Soy Beans  
Fish  
\*Meat  
  
Zinc  
\*Oysters  
Ginger Root  
\*\*Pecans

Split Peas  
Whole Grain Wheat  
Whole Grain Rye  
Whole Grain Oats  
Lima Beans  
Almonds  
\*\*Walnuts  
Sardines  
Turkey/Chicken  
Buckwheat  
\*\*Hazel Nuts  
\*Clams  
Tuna  
Haddock  
Green Peas  
Shrimp  
Turnips  
Black Pepper  
Paprika  
Dry Mustard  
Chilli Powder  
Thyme  
Cinnamon

#### ESSENTIAL FATTY ACIDS

(Linoleic Acid)  
Safflower Oil  
Sunflower Oil  
Corn Oil  
Soy Bean Oil  
Sesame Oil  
Flax Seed Oil  
Walnuts  
Pistachio Nuts  
\*\*Sunflower Seeds  
\*\*Sesame Seeds  
\*\*Flax Seeds

#### PROTEIN

Chicken (no skin)  
Soy Beans (dry)  
Fish (white)  
\*Beef  
Yoghurt  
Turkey  
\*Eggs  
Lamb  
\*\*Nuts  
\*\*Seeds  
Sprouts (eaten within first 48 hrs.)

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**AMINO ACIDS****Iso-leucine**

\*Beef  
Chicken  
Fish  
Soy Beans  
\*Eggs  
Baked Beans

**Lysine**

Chicken  
\*Beef  
Soy Protein  
Soy Beans  
Baked Beans  
\*Eggs  
\*Goats Milk  
Brewer's Yeast  
Oatmeal

**Methionine/Cystine**

Chicken  
\*Beef  
Fish  
\*Eggs  
Soy Beans  
Soy Protein  
Baked Beans  
Almonds

**Phenylalanine/Tryosine**

Soy Protein  
\*Beef  
Chicken  
Fish  
Soy Beans  
\*Eggs  
Baked Beans  
Almonds

**Threonine**

\*Beef  
Chicken  
Fish  
Soy Protein  
Soy Beans  
\*Eggs  
Baked Beans

**Tryptophan**

\*Beef  
Soy Protein

Chicken

Soy Beans  
Fish  
\*Eggs  
\*\*Mixed Nuts  
Baked Beans

**Valine**

\*Beef  
Chicken  
Fish  
Soy Protein  
Soy Beans  
\*Eggs

*\* Foods that are high in animal fats and therefore potential sources of toxins and contamination*

*\*\* Foods that are high in plant oils and essential fatty acids*

This list provides foods that contain specific vitamins, minerals and other nutrients. When your test results indicate you are low or high in a specific nutrient, you may use this list to either include (if low) or avoid (if high). If you are high, then updated test results showing, normal (neither high nor low) or low (if you did a temporary pendulum swing in the opposite direction), will indicate when you can add this food back into your diet.

Since this publication, new research on grains and legumes shows them to be "anti-nutrients." In other words, when consumed, they attach themselves to whole food vitamins, minerals, etc., and remove them from the body. Many books on the Paleo Diet will update you on this research.

However, if you choose to follow the Paleo diet, be sure to avoid ham, bacon and other parts of the pig or any hoven animal. You can burn bacon until it is ash and still see live parasites under a microscope.

The ideal diet is still outlined in the Bible, and the Bible instructs not to eat hoven animals. This is just one reason why.

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