



Julie Stewart Nutrition

Micro Nutrient Sources

Vitamin A

- sweet potato and carrot
- Butternut squash, spinach, collard, apricots

Note: including small amounts of fat can increase the absorption of carotenoids

Folate Vit B9

- Legumes, asparagus, leafy green vegetables, Brussels sprouts, beets, nuts and seeds
- Fortified nutritional yeast

In the UK as well as USA, Canada and many more countries, folic acid is added to flour to reduce the risk of birth defects.

Thiamine B1

- Whole grains (wholemeal/wholewheat bread/spaghetti), black beans, acorn squash, sunflower and sesame seeds, nuts
- Fortified nutritional yeast
- Fortified breakfast cereals

Note: Heating foods containing thiamine can reduce their thiamine content.

Since thiamine dissolves in water, a large amount is lost when cooking water is thrown out.

Also, processing foods reduces the thiamine content, for example white rice or white flour are poor sources unless fortified.

Biotin B2

- Nuts and seeds
- Fortified nutritional yeast
- Tempeh, oats, avocado, spinach, broccoli

Vitamin B12

- fortified foods such as cereals, nutritional yeast, some plant-based milks and plant-based cheeses.

Red meat and chicken contain B12 because either the supplements are added to their feeds or via the grass animals consume.

Iodine

- Found in cow's milk since iodine solutions are used to clean cows' teats and milking equipment which then end up in the milk.
- Fortified salt (mandatory in Canada, but optional in the UK and USA); 1/4 tsp contains about 70mcg iodine.
- Seaweed can contain varying levels of iodine, so caution is recommended to avoid toxicity. Furthermore, some seaweeds like hijiki can be contaminated with arsenic. 1 1/2-2 nori sheets (4g) provides the recommended daily intake.
- 1 cup boiled butter beans contains 16mcg iodine
- 5 prunes have 13mcg iodine

Supplementation: avoid using multivitamin/mineral supplements!

Calcium

- Green leafy vegetables that are low in oxalate (oxalate hinders calcium absorption): kale, broccoli, bok choy, turnip greens, collard greens
- beans: 1 cup cooked chickpeas provides 80mg, 1 cup white beans 70mg
- 1 cup dried figs has 300mg
- Nuts, e.g. 20 almonds have 80mg, 2 tbsp tahini have 130mg, 1 tbsp chia seeds has 70mg
- 1 cup cooked oats has 190mg

Although spinach and beet greens are high in calcium, they're also high in oxalate, hence reduced calcium absorption!

AVOID calcium SUPPLEMENTS because they appear to increase the risk of heart disease, kidney disease as well as prostate cancer

Selenium

- One Brazil nut can contain 70-90 mcg selenium.
- 100g of sunflower seeds contain about 55mcg selenium
- 100g of sesame seeds contain 45mcg selenium.
- Other foods with low amount of selenium: mushroom, tofu, carrots, raisins

In the UK, many cereals and wholegrain breads are fortified with selenium.

Animal products provide selenium because supplements are added to the feeds of the factory-farmed animals

Zinc

- 100g tempeh=3.3 mg zinc
- 1/4 cup wheat germ=3.3mg zinc
- 2 tbsp tahini=2.8mg
- 2 tbsp pumpkin seeds=2.1mg
- 1 cup cooked oatmeal=1.5mg
- tofu, sunflower seeds, white beans, quinoa, lentils

Non-vegan sources: Oysters get zinc from sea water and are rich in zinc, however, the content of zinc in oysters depend of the zinc concentration of the water they grow.

Fish contains zinc, however beware of high levels of mercury toxicity.

Red meat and chicken contain zinc because either the supplements are added to their feeds or via the grass animals consume.

Magnesium

- 100g wholewheat bread=82mg magnesium
- 28g almonds=80mg magnesium
- 1/2 cup boiled spinach=78mg magnesium
- 1/2 cup cooked black beans=60mg magnesium
- 1 cup avocado=44mg magnesium
- peanuts, potato, brown rice, kidney beans, dark chocolate

Copper

- 1/4 cup cashews=0.88mg copper
- 1/2 cup shiitake mushrooms=0.65mg copper
- 1/4 cup sunflower seeds=0.63mg copper
- sesame seeds, soybeans, spinach, beans, olives, sweet potato

Iron

- 1 cup cooked lentils=6.6mg iron
- 28g (1oz) pumpkins seeds=4.2mg iron

- 1 cup cooked quinoa=2.8mg iron
- 1 cup cooked broccoli=1mg iron
- 2 slices wholemeal bread=1.5mg iron
- dried apricots, figs, tofu, tempeh, cabbage, kale, dark chocolate

Vitamin C increases the absorption of iron whereas tea and coffee reduce the absorption.

Although spinach is high in calcium, they're also high in oxalate, hence reduced iron absorption!

Vitamin E

- nuts, seeds and nut butters are the best sources of vitamin E.
- green leafy vegetables (spinach and broccoli), avocados, asparagus

Vitamin C

- Orange, kiwi, grapefruit, red and green pepper, broccoli, cabbage, cauliflower, potato