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VITAMIN A

FOOD SOURCE	APPROX AMOUNT PER SERVE
Cooked beef liver – 1 slice	21500 IU
Egg – 1 large	270 IU
Sweet potato cooked – ½ cup	19200 IU
Butter – 1 tbsp	355 IU
Spinach (cooked) – ½ cup	9400 IU
Carrot (raw) – ½ cup	10700 IU

VITAMIN C

FOOD SOURCE	APPROX AMOUNT PER SERVE
Kiwifruit (gold) – 1 fruit	91mg
Strawberry – 1 cup	85mg
Orange – 1 medium	70mg
Capsicum – ½ cup raw	95mg
Broccoli – ½ cup, cooked	51mg
Potato – 1 medium, baked	17mg

VITAMIN D

FOOD SOURCE	APPROX AMOUNT PER SERVE
Pink salmon – tinned 85g	465 IU
Sardines – tinned 85g	164 IU
Egg yolk – 1 large	37 IU

VITAMIN E

FOOD SOURCE	APPROX AMOUNT PER SERVE
Sunflower seeds – 30g	7.5mg
Almonds – 30g	7mg
Peanut butter – 2 tbsp	3mg
Apricots, dried – ½ cup	3mg
Avocado – 1	3mg
Spinach – ½ cup cooked	2mg

VITAMIN B12

FOOD SOURCE	APPROX AMOUNT PER SERVE
Beef – 100g cooked	8mcg
Salmon – 100g cooked	4mcg
Mussels – 100g cooked	22mcg
Milk – 100mL	0.4mcg
Egg – 1 large	0.4mcg
Chicken – 100g cooked	0.3mcg

FOLATE

FOOD SOURCE	APPROX AMOUNT PER SERVE
Lentils – ½ cup cooked	180mcg
Broccoli – ½ cup	30mcg
Spinach – ½ cup, cooked	130mcg
Asparagus – ½ cup	130mcg
Chickpeas – ½ cup, cooked	140mcg
Orange juice – 1 cup	70mcg

CALCIUM

FOOD SOURCE	APPROX AMOUNT PER SERVE
Yoghurt, plain Greek – 100g	110mg
Sardines, tinned - 100g	350mg
Milk – 1 cup	300mg
White beans, cooked – ½ cup	80mg
Kale, cooked – ½ cup	45mg
Orange – 1 medium	60mg

IRON

FOOD SOURCE	APPROX AMOUNT PER SERVE
Beef – 100g	2.5mg
Oysters, 6 medium	14mg
Spinach, cooked – 1 cup	6.5mg
Tofu, ½ cup	6.5mg
Lentils, cooked – ½ cup	3mg
Cashews – 100g	6.5mg

MAGNESIUM

FOOD SOURCE	APPROX AMOUNT PER SERVE
Brown rice – 1 cup cooked	85mg
Spinach, cooked – ½ cup	75mg
Almonds – 20 almonds	75mg
Lima beans, cooked – ½ cup	60mg
Hazelnuts – 20 hazelnuts	45mg
Banana – 1 medium	30mg

ZINC

FOOD SOURCE	APPROX AMOUNT PER SERVE
Oysters – 6 cooked	27-50mg
Beef – 100g	5mg
Baked beans – ½ cup	2mg
Cashews – 30g	2mg
Chickpeas – ½ cup	1mg
Cheddar cheese – 30g	1mg

ESSENTIAL FATTY ACIDS - Note there is a conversion rate of only 2% from plant EFA's to a bioavailable/active form. So while these foods have high amounts of omega 3 & 6 they are not easily utilized within the body.

FOOD SOURCE	APPROX AMOUNT PER SERVE
Flaxseed oil – 1 tbsp	7g
Chia seeds – 1 tbsp	5g
Walnuts – 30g	2.5g
Flaxseeds, ground – 1tbsp	1.5g
Tofu – 1 cup	0.5g
Salmon – 100g	1.5g
Trout – 100g	1g
Tuna – 100g	0.75g

PROTEIN

FOOD SOURCE	PORTION	PROTEIN (grams)
Fish, White, steamed	100 g	23
Salmon steamed / poached	100 g	28
Tinned salmon in water	100 g	22
Tinned tuna in water	100 g	23
Tinned Sardines	100 g	21
Beef / lean, fillet grilled	100 g	32
Beef / Lean, mince	100 g	27
Game meat	100 g	31
Chicken Breast, grilled	100 g	30
Turkey, breast roasted	100 g	29
Whole Egg / boiled	2 eggs	12
Egg Whites	4 egg whites	14
Protein Powder	1 serve	20-30g
Yogurt Natural, Greek Style	100 g	5
Yoghurt Natural, low fat	100 g	6
Milk, Skim	125 mL	4
Cheese, Cottage, 1% Fat	100 g	18
Cheese, ricotta reduced fat	100 g	12
Spirulina	10 g	5.4
Chickpea / boiled	100 g	6
Lentil / boiled	100 g	5
Green peas, fresh boiled	100 g	5
Beans/boiled	100 g	8
Baked beans	86 g	5
Soybeans (edemame) / steamed	100 g	14.3
Soymilk, plain	125 ml	4
Tempeh	100 g	16
Tofu, firm	100 g	12

Almonds / natural	50g	10
Sunflower seed / natural	50 g	11
Pumpkin seed / natural	50 g	12
Quinoa / cooked	100 g	4