

VITAMINS, MINERALS, ESSENTIAL FATTY ACIDS, ESSENTIAL AMINO ACIDS & FOOD CRAVING CHART

VITAMINS	FUNCTION	FOOD SOURCE
Vitamin A	Regulates cell differentiation, gene expression. Aids vision, healthy immune system, mucous membrane integrity, antioxidant protection.	Egg yolk, butter, liver, leafy green vegetables, carrots, apricots, rockmelon, sweet potato, peaches, mangoes.
Vitamin B1 - thiamine	Aids nerve transmission, muscle reflexes, brain function and energy production.	Buckwheat, oats, cashews, nutritional yeast, peanuts, soy beans, sunflower seeds, wheatgerm.
Vitamin B2 – riboflavin	Metabolises carbohydrates, proteins and fats. Required for B6 and folic acid activity and iron metabolism.	Egg yolk, parsley, nutritional yeast, raw broccoli, muscles, oysters, raw almonds, cheese.
Vitamin B3 - niacin	Required for fatty acids and cholesterol production. DNA transcription. Metabolises carbohydrates, protein, alcohol and tryptophan.	Rice Bran, red meat, nutritional yeast, chicken, salmon, tuna, white fish, cashews, peanuts, walnuts, sesame seeds.
Vitamin B5 – pantothenic acid	Energy metabolism, coenzyme to energy-producing chemical reactions. Assists with synthesis of neurotransmitters and some hormones.	Egg Yolk, cashew, nutritional yeast, crab, salmon, liver, mushrooms, sunflower seeds.
Vitamin B6 – pyridoxine	Carbohydrate metabolism, immune function. Aids iron absorption, synthesises neurotransmitters.	Chicken, turkey, salmon, nutritional yeast, eggplant, pistachios, sunflower seeds, kangaroo, lamb.
Vitamin B12- cyanocobalamin	Haemoglobin synthesis, maintains healthy nervous system, carbohydrates, fats and proteins.	Liver, red meat, muscles, oysters, eggs, turkey, chicken.
Vitamin B9 - folate	DNA synthesis, methylation, healthy red blood cell production, serotonin synthesis, metabolises amino acids and homocysteine. Prevents neural tube defects.	Liver, watercress, oranges, carrot, celery, parsley, green vegetables, brussels sprouts, lentils, chickpeas, sesame seeds, avocado.
Vitamin H – biotin	Synthesis of fatty acids, glucose, breaks down cholesterol, amino acids. Healthy nerves, skin, eyes and hair.	Almonds, chicken, turkey, nutritional yeast, rice bran, sundried tomatoes, hazelnuts, pistachios, sunflower seeds, broccoli.
Vitamin C	Production of collagen, elastin, connective tissue, bone, ligaments. Aids adrenal function, antioxidant protection, immunity, wound healing. Aids iron absorption. Chelates heavy metals.	Parsley, capsicum, strawberries, blueberries, blackberries, blackcurrants, red chillies, guava, watercress, papaya, citrus fruits, brussels sprouts, broccoli, cauliflower.
Bioflavonoids	Aids vascular strength and integrity. Has an anti-inflammatory and anti-histamine action. Aids vitamin C absorption.	Fresh fruits (particularly citrus), vegetables (especially broccoli), fresh herbs, soy beans, red wine, green and white tea, berries.
Vitamin D	Healthy teeth, bones, muscles. Regulates function of the parathyroid gland and maintains a healthy immune system.	Sardines, salmon, egg yolk, butter, milk, cheese, mushrooms.
Vitamin E	Powerful antioxidant, maintains cell integrity, protects fats from oxidation, promotes healing and repair.	Tahini, sesame seeds, wheat germ, sunflower seeds, egg yolk, almonds, avocado.
Vitamin K	Required for blood clot formation, bone mineralisation. Cellular growth regulator.	Leafy green vegetables such as: Kale, spinach, silver beet, broccoli, brussels sprouts, parsley.

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MINERAL	FUNCTION	FOOD SOURCE
Calcium	Assists nervous system, nerve transmission, maintains strength teeth and bones	Tofu, sardines, salmon, nutritional yeast, walnuts, almonds, leafy green vegetables, broccoli, bone broth, cheese, milk
Choline	Helps emulsify fats and cholesterol. Needs B12, folic acid and carnitine to work efficiently in the body.	Lecithin in eggs, dairy, offal meats (kidney, liver), soy beans, wholegrains. Leafy Greens, peas.
Chromium	Helps maintain normal blood glucose levels by enhancing the effects of insulin. Healthy carbohydrate, protein and fat metabolism	Cottage cheese, white fish, olives, sweet potato, broccoli, apples, goat's cheese.
Copper	Healthy bone connective tissue, iron absorption, enzyme reactions including melanin production.	Seafood, dark chocolate, kale, mushrooms, sesame seeds, prunes, cashews, avocado.
Fluorine	Forms the fluoride compound in some toothpastes, added to drinking water. Reduces tooth decay and strengthens bones.	Fluoridated water, black tea, liquorice, turkey, tahini, sesame seeds, sardines, avocado, tomatoes, iceberg lettuce.
Iodine	Healthy thyroid gland function, prevents goitre, promotes healthy hair, skin, nails and teeth.	Egg yolk, seaweed, kelp, sushi, onion, seafood.
Iron	Oxygen transport and storage, DNA synthesis, immune system function.	Red meat, liver, tahini, mussels, parsley, nutritional yeast, watercress, coriander, spinach, miso, red kidney beans, lentils, cherries.
Magnesium	Energy production, nucleic acid and protein synthesis, cell signalling, cell migration, wound healing, nerve impulses, muscle contractions and normal heart rhythm.	Leafy green vegetables, chicken, turkey, red meat, almonds, Brazil nuts, cashews, pecans, bone broth, sunflower seeds, dark chocolate.
Manganese	Assists healthy bones, cartilage, connective tissue and nerves, activates more than 20 enzymes, balances blood sugar, healthy brain function, red blood cell formation.	Sunflower seeds, sesame seeds, oats, celery, pineapple, tempeh, tofu, parsley, spinach, beetroot, soy milk, almonds, cashews, macadamias, pine nuts, pecans, walnuts, watercress, coconut.
Molybdenum	Aids removal of uric acid, detoxifies the body, sulphite removal, strengthens teeth, if you experience allergy symptoms after drinking wine or champagne you may need more molybdenum in your diet.	Legumes, tomatoes, nutritional yeast, wheatgerm, lamb, port
Phosphorus	Required for the structural component of bones and teeth, helps maintain pH of the body.	Peas, mushrooms, sweet corn, nutritional yeast, chickpeas, eggs, prunes, dried fruit, cheese, dairy, seafood, red meat, bone

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		broth, grapes, berries, peaches, nectarines, bananas
Potassium	An essential electrolyte and mineral required for cell membrane potential, nerve transmission, normal heart rhythm, bone mineralisation, enzyme reactions and carbohydrate metabolism.	Apples, apricots, grapes, citrus, cherries, potatoes, cabbage, celery, bone broth, tomatoes, raw vegetables, cheese, milk, yoghurt, nuts and seeds.
Selenium	Powerful antioxidant required for healthy thyroid function, healthy sperm production and selenium-dependant enzyme reactions. May help to prevent cancer.	Brazil nuts, egg yolks, oats, mushrooms, fish, sesame seeds, red meat.
Silica	A trace mineral required for healthy cells, bones, skin, hair, nails and joints.	Cucumber, oats, millet, barley, potatoes, kelp, seaweed, alfalfa, sprouts.
Sulphur	A mineral required for protein production, healthy tissues, skin, hair, energy production and detoxification. Component of taurine, methionine, homocysteine and cysteine amino acids.	Egg yolks, brussels sprouts, onion, garlic, broccoli, cauliflower, cabbage, kale, turnips, bok choy, red meat, nuts and seeds.
Zinc	Involved in important enzyme reactions including the powerful antioxidant superoxide dismutase. Healthy reproductive system, insulin production, immune function, healthy connective tissue, wound healing, mental function.	Red meat, liver, oysters, pumpkin seeds, eggs, nuts

ESSENTIAL FATTY ACIDS	FUNCTION	FOOD SOURCE
Omega-3	Reduce inflammatory conditions in the body, assist with brain function, essential to overall health and wellbeing.	Oily fish such as mackerel, salmon, tuna, trout and sardines, fish oil, flaxseed, oil, walnuts.
Omega-6	Important for general health and wellbeing, healthy nerve and brain function, production of prostaglandins and inflammatory mediators.	Pine nuts, Brazil nuts, vegetable oils such as corn, safflower, sunflower, soybean, sesame.

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ESSENTIAL AMINO ACID	FUNCTION	FOOD SOURCE
Arginine	Synthesis of growth hormone, insulin, glucagon, haemoglobin. Assists fatty acids and protein metabolism. Methyl donor. Assist herpes virus replication.	Nuts, chocolate, coffee, garlic, peanut butter, peas.
Cysteine	Involved in antioxidant production, liver detoxification, healthy immune system, thyroid function, wound healing, component of skin, hair, insulin production	Chicken, beef, cottage cheese, eggs, fish, liver, milk.
Glutamine	Assists wound healing, carbohydrate utilisation, protein synthesis, mucosal health, maintains muscle mass, immune system, regulation of acid-base balance in the kidneys, converts to glutamic acid in the brain, elevates mood.	Red meat, poultry, fish, bone broth, cottage cheese, oats.
Glycine	Converted to serine (for pain relief/antipsychotic) when required by the body, aids healthy nervous system, wound healing.	Red meat, fish, eggs, bone broth, cheese, chicken.
Proline	Aids wound healing, collagen production, mental ability, healthy cartilage.	Red meat, fish, eggs, cheese, chicken, bone broth.
Tyrosine	Precursor to the production of neurotransmitters, adrenaline, noradrenaline and dopamine. Aids thyroid regulation and energy production.	Cheese, fish, legumes, pumpkin, red meat.
Tryptophan (non-essential, your body can produce this)	Required for vitamin B3 and protein synthesis, and production of melatonin, serotonin, dopamine, noradrenaline and endorphin. May assist depression, anxiety, overeating and sleep disorders.	Bananas, oats, dark chocolate, milk, cottage cheese, turkey, salmon, snapper, spirulina, spinach, seaweed.
Methionine (non-essential your body can produce this)	Antioxidant, binds heavy metals, aids liver function, DNA and RNA synthesis, collagen, carnitine, acetylcholine and adrenaline production. Requires vitamin B12 and folic acid.	Legumes, eggs, garlic, onion, yoghurt, beef.
Taurine	Helps produce bile acid for digestion, aids liver function, regulates blood clotting.	Animal-based products, red meat, shell fish, seafood.

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CRAVING	NUTRIENT YOU MAY NEED	WHAT TO EAT
Alcohol	Potassium Calcium Glutamine Protein	Fresh fruit, tomatoes, black olives, potatoes, seaweed, spirulina Leafy green vegetables, broccoli, lentils, sesame seeds Bone broth, raw cabbage juice Red meat, poultry, seafood, dairy, nuts.
Bread, toast	Nitrogen	Protein such as fish, red meat, legumes, lentils, cottage cheese.
Carbohydrates (rice, pasta, biscuits, baked goods)	Vitamin B6 Nitrogen Tryptophan	Chicken, turkey, salmon, sunflower seeds, pistachios, eggplant Protein such as fish, red meat, legumes, lentils Salmon, turkey, bananas, spirulina, eggs, milk.
Chargrilled/burnt food	Carbon	Fresh fruits
Ice	Iron	Red meat, seaweed, spinach, lentils, black cherries
Chocolate	Magnesium	Raw nuts and seeds, leafy green vegetables, lentils
Cheese	Calcium Vitamin D Omega-3 Essential fatty acids	Almonds, broccoli, kale, legumes, cheese, sesame seeds, tahini Cod liver oil, salmon, sardines, mushrooms, milk, butter Fish oil, flaxseeds, walnuts, oily fish such as salmon, sardines, mackerel
Oily, fatty foods (butter, oil, cream, burgers, ice-cream, French fries)	Omega-3 Essential Fatty acids Calcium	Fish oil, flaxseeds, walnuts, oily fish such as salmon, sardines, mackerel Almonds, broccoli, kale, legumes, cheese, sesame seeds, tahini
Overeating or night-time binging (eating Excess of anything and everything)	Tryptophan Protein	Salmon, turkey, bananas, spirulina, eggs, milk Fish, protein powders, lean red meats, poultry, cottage cheese, spirulina
Lack of appetite	Zinc	Raw nuts and seeds, legumes, liver, oysters, red meat
Premenstrual cravings	Magnesium Zinc	Leafy green vegetables, raw nuts and seeds, legumes, fruits, tahini Raw nuts and seeds, legumes, liver, oysters, red meat
Salty foods (chips, olives, savoury snacks, salt on food)	Chloride Potassium Vitamin C	Seafood, unrefined sea salt, olives Fresh fruit, black olives, potatoes, spirulina Citrus, strawberries, blueberries, kiwifruit, tomatoes, capsicum
Soft drinks (cola, lemonade,	Calcium	Leafy green vegetables, raw almonds, broccoli, kale, lentils, cheese, sesame

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sparkling mineral water)		
Sour/acidic foods (lemons, vinegar, sour lollies)	Magnesium	Raw nuts and seeds, leafy green vegetables, legumes, fruits
Sweets (jams, lollies, jellies, desserts, custards, fruit yoghurts)	Carbon Chromium Phosphorous Tryptophan	Fresh fruits Fresh parsley, cottage cheese, olives, white fish Chicken, red meat, poultry, fish, shellfish, eggs, dairy, nuts, legumes Salmon, turkey, bananas, spirulina, eggs, milk