

Food Sources of Nutrients

Beneficial for Special Needs

Calcium: Chia, almond, fig, sunflower seed, kale, **broccoli**, sweet potato, okra, orange, butternut squash, Parmesan cheese, yogurt, sardine, salmon, bean/lentil

Chromium: **Broccoli**, green bean, tomato, romaine lettuce, black pepper, free-range egg, sweet potato, apple, poultry, beef, garlic

Glutathione-building foods: Garlic, onion, **broccoli**, cauliflower, cabbage, kale, brussels sprout, **broccoli sprout**, Vitamin C foods, Brazil nut, bean, sunflower seed, brown rice, fish, spinach, asparagus, avocado, okra, turmeric

Iron: Shellfish, spinach, liver/organ meat, bean, chickpeas, meat/poultry (dark turkey)/fish, pumpkin seed, quinoa, **broccoli**, molasses, dark chocolate (Consuming Vitamin C foods at same meal with iron foods can increase iron absorption.)

Magnesium: Pumpkin seed, almond, spinach, cashew, black bean, dark chocolate, peanut butter, avocado, brown rice, yogurt, banana, chicken, **broccoli**, apple

Manganese: Berries, apricot, pineapple, dark chocolate, leafy greens (spinach/romaine), **broccoli**, chickpea, white bean, walnut, hazelnut, pecan, flax, brown rice, garlic, turmeric, black pepper

Molybdenum: Lentil, pea, beans (lima/kidney/black/pinto/garbanzo), tomato, romaine lettuce, cucumber, celery, **egg**, carrot, bell pepper, yogurt, peanut, walnut, almond, cod

Vitamin B6: Cow/goats' milk, ricotta cheese, salmon (wild Alaskan preferred), tuna (yellowfin/albacore), **egg**, beef, poultry, carrot, spinach, pea, sweet potato, banana, chickpea, avocado, potato, mango, acorn/butternut squash, pineapple, apricot

Vitamin B12: Clam, sardine, beef, tuna, salmon, whole-fat dairy, **egg (mostly yolk)** (Body absorbs better from dairy than from beef/fish/egg.)

Vitamin C: Guava, red/green bell pepper, green chili pepper, tomato juice, orange, grapefruit, strawberry, **raw broccoli**, raw pineapple

Vitamin D: Sockeye salmon (wild Alaskan, if possible), sardine, herring, **egg**, whole-fat milk, fortified food

Zinc: Spinach, dark chocolate, brown rice, flax/pumpkin seed, peanut, **egg yolk**, turkey, kidney bean, chickpea

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