

Nutrient or compound	Food sources	Favorable or unfavorable effect
Vitamin B-12	Fish, liver, meat, poultry, eggs, milk, milk products	F
Folate	Vegetables, especially dark green leafy vegetables, fruits, nuts, beans, peas, dairy products, poultry, meat, eggs, seafood, grains	F
Vitamin A	Liver, fish oils, milk, eggs, leafy green vegetables, orange and yellow vegetables, tomatoes, fruits, vegetable oils	F
Vitamin C	Citrus fruits, tomatoes, potatoes, red and green peppers, broccoli, strawberries, Brussels sprouts, cantaloupe, fortified cereals, kiwifruit	F
Vitamin E	Nuts, seeds, vegetable oils, green leafy vegetables, fortified cereals	F
Selenium	Seafood, meat, nuts, cereals, dairy products	F
Lead	Contaminated fruits and vegetables	UF
Zinc	Oysters, red meat, poultry, beans, nuts, whole grains, dairy products	UF (in deficiency and excess), F (in low doses)
Cadmium	Contaminated meat and plants (such as rice)	UF
Arsenic	Contaminated meat, seafood, and plants (such as rice)	UF
Ethanol	Alcoholic beverages	UF
Isoflavones	Soybeans	F
Omega-3 fatty acids	Fish, organ meats	F
Resveratrol	Red wine, peanuts, Itadori tea, grapes, soy, blueberries, raspberries	F
Oleuropein	Extra virgin olive oil	F
Curcumin	Turmeric	F
Catechins	Peach, green tea, vinegar, cocoa	F
Ginsenosides	Ginseng	F
Anthocyanins	Elderberry juice, billberries, blackberries, mulberries, black grapes, aronia, Morello cherries, hazelnuts	F
Aluminum	Processed foods with flour, baking powder, coloring, anticaking agents	UF
Vitamin D	Fatty fish flesh such as salmon and tuna, fish liver oils, beef liver, cheese, egg yolks, fortified foods	F
Copper	Oysters, shellfish, nuts, whole grains, beans, potatoes, organ meats, dark green leafy vegetables, dried fruits such as prunes, cocoa, black pepper, yeast	UF (in deficiency and excess), F (in low doses)