

ERC: Nutritional ABCs: Strategies for Optimizing Your Energy by Balancing Your Vitamin Intake - Food Sources



Nutritional ABCs:
Strategies for
Optimizing Your
Energy by
Balancing Your
Vitamin Intake

with
Dr. Ritamarie Loscalzo

Food Sources

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World's Healthiest Foods ranked as quality sources of vitamin A						
Food	Serving Size	Cals	Amount (mcg RAE)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Sweet Potato	1 medium	180.0	1921.80	213.53	21.4	excellent
Carrots	1 cup	50.0	1019.07	113.23	40.7	excellent
Spinach	1 cup	41.4	943.29	104.81	45.6	excellent
Kale	1 cup	36.4	885.36	98.37	48.6	excellent
Mustard Greens	1 cup	36.4	865.90	96.21	47.6	excellent
Collard Greens	1 cup	62.7	722.00	80.22	23.0	excellent
Turnip Greens	1 cup	28.8	549.00	61.00	38.1	excellent
Swiss Chard	1 cup	35.0	535.85	59.54	30.6	excellent
Winter Squash	1 cup	75.8	535.36	59.48	14.1	excellent
Romaine Lettuce	2 cups	16.0	409.37	45.49	51.2	excellent
Bok Choy	1 cup	20.4	361.16	40.13	35.4	excellent
Cantaloupe	1 cup	54.4	270.56	30.06	9.9	excellent
Bell Peppers	1 cup	28.5	144.03	16.00	10.1	excellent
Parsley	0.50 cup	10.9	128.04	14.23	23.4	excellent
Broccoli	1 cup	54.6	120.74	13.42	4.4	very good

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World's Healthiest Foods ranked as quality sources of vitamin B1						
Food	Serving Size	Cals	Amount (mg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Asparagus	1 cup	39.6	0.29	24.17	11.0	excellent
Sunflower Seeds	0.25 cup	204.4	0.52	43.33	3.8	very good
Green Peas	1 cup	115.7	0.36	30.00	4.7	very good
Flax Seeds	2 TBS	74.8	0.23	19.17	4.6	very good
Spinach	1 cup	41.4	0.17	14.17	6.2	very good
Brussels Sprouts	1 cup	56.2	0.17	14.17	4.5	very good
Cabbage	1 cup	43.5	0.11	9.17	3.8	very good
Eggplant	1 cup	34.6	0.08	6.67	3.5	very good
Romaine Lettuce	2 cups	16.0	0.07	5.83	6.6	very good
Mushrooms, Crimini	1 cup	15.8	0.07	5.83	6.6	very good

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World's Healthiest Foods ranked as quality sources of vitamin B2						
Food	Serving Size	Cals	Amount (mg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Spinach	1 cup	41.4	0.42	32.31	14.0	excellent
Mushrooms, Crimini	1 cup	15.8	0.35	26.92	30.6	excellent
Asparagus	1 cup	39.6	0.25	19.23	8.7	excellent
Sea Vegetables	1 TBS	10.8	0.14	10.77	17.9	excellent
Eggs	1 each	77.5	0.26	20.00	4.6	very good
Cow's milk	4 oz	74.4	0.21	16.15	3.9	very good
Collard Greens	1 cup	62.7	0.20	15.38	4.4	very good
Broccoli	1 cup	54.6	0.19	14.62	4.8	very good
Swiss Chard	1 cup	35.0	0.15	11.54	5.9	very good
Green Beans	1 cup	43.8	0.12	9.23	3.8	very good
Mushrooms, Shitake	0.50 cup	40.6	0.12	9.23	4.1	very good

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World's Healthiest Foods ranked as quality sources of vitamin B3						
Food	Serving Size	Cals	Amount (mg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Tuna	4 oz	147.4	25.03	156.44	19.1	excellent
Chicken	4 oz	187.1	15.55	97.19	9.3	excellent
Turkey	4 oz	166.7	13.32	83.25	9.0	excellent
Mushrooms, Crimini	1 cup	15.8	2.74	17.12	19.5	excellent
Salmon	4 oz	157.6	9.02	56.38	6.4	very good
Lamb	4 oz	350.4	8.05	50.31	2.6	very good
Beef	4 oz	132.7	7.60	47.50	6.4	very good
Asparagus	1 cup	39.6	1.95	12.19	5.5	very good
Tomatoes	1 cup	32.4	1.07	6.69	3.7	very good
Bell Peppers	1 cup	28.5	0.90	5.62	3.6	very good

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World's Healthiest Foods ranked as quality sources of pantothenic acid						
Food	Serving Size	Cals	Amount (mg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Mushrooms, Shitake	0.50 cup	40.6	2.61	52.20	23.1	excellent
Mushrooms, Crimini	1 cup	15.8	1.08	21.60	24.5	excellent
Cauliflower	1 cup	28.5	0.63	12.60	8.0	excellent
Sweet Potato	1 medium	180.0	1.77	35.40	3.5	very good
Broccoli	1 cup	54.6	0.96	19.20	6.3	very good
Asparagus	1 cup	39.6	0.40	8.00	3.6	very good
Turnip Greens	1 cup	28.8	0.39	7.80	4.9	very good
Bell Peppers	1 cup	28.5	0.29	5.80	3.7	very good
Cucumber	1 cup	15.6	0.27	5.40	6.2	very good
Celery	1 cup	16.2	0.25	5.00	5.6	very good
Avocado	1 cup	240.0	2.08	41.60	3.1	good

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World's Healthiest Foods ranked as quality sources of vitamin B6						
Food	Serving Size	Cals	Amount (mg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Tuna	4 oz	147.4	1.18	69.41	8.5	excellent
Spinach	1 cup	41.4	0.44	25.88	11.3	excellent
Cabbage	1 cup	43.5	0.34	20.00	8.3	excellent
Bok Choy	1 cup	20.4	0.28	16.47	14.5	excellent
Bell Peppers	1 cup	28.5	0.27	15.88	10.0	excellent
Turnip Greens	1 cup	28.8	0.26	15.29	9.6	excellent
Garlic	6 cloves	26.8	0.22	12.94	8.7	excellent
Cauliflower	1 cup	28.5	0.21	12.35	7.8	excellent
Turkey	4 oz	166.7	0.92	54.12	5.8	very good
Beef	4 oz	132.7	0.74	43.53	5.9	very good

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World's Healthiest Foods ranked as quality sources of biotin						
Food	Serving Size	Cals	Amount (mcg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Peanuts	0.25 cup	206.9	26.28	87.60	7.6	excellent
Tomatoes	1 cup	32.4	7.20	24.00	13.3	excellent
Almonds	0.25 cup	132.2	14.72	49.07	6.7	very good
Eggs	1 each	77.5	8.00	26.67	6.2	very good
Onions	1 cup	92.4	7.98	26.60	5.2	very good
Carrots	1 cup	50.0	6.10	20.33	7.3	very good
Romaine Lettuce	2 cups	16.0	1.79	5.97	6.7	very good
Cauliflower	1 cup	28.5	1.61	5.37	3.4	very good
Sweet Potato	1 medium	180.0	8.60	28.67	2.9	good
Oats	0.25 cup	151.7	7.80	26.00	3.1	good

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World's Healthiest Foods ranked as quality sources of folate						
Food	Serving Size	Cals	Amount (mcg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Lentils	1 cup	229.7	358.38	89.59	7.0	excellent
Asparagus	1 cup	39.6	268.20	67.05	30.5	excellent
Spinach	1 cup	41.4	262.80	65.70	28.6	excellent
Turnip Greens	1 cup	28.8	169.92	42.48	26.5	excellent
Broccoli	1 cup	54.6	168.48	42.12	13.9	excellent
Beets	1 cup	74.8	136.00	34.00	8.2	excellent
Romaine Lettuce	2 cups	16.0	127.84	31.96	36.0	excellent
Bok Choy	1 cup	20.4	69.70	17.43	15.4	excellent
Cauliflower	1 cup	28.5	54.56	13.64	8.6	excellent
Parsley	0.50 cup	10.9	46.21	11.55	19.0	excellent

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World's Healthiest Foods ranked as quality sources of vitamin B12						
Food	Serving Size	Cals	Amount (mcg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Sardines	3.20 oz	188.7	8.11	337.92	32.2	excellent
Salmon	4 oz	157.6	5.67	236.25	27.0	excellent
Tuna	4 oz	147.4	2.66	110.83	13.5	excellent
Cod	4 oz	96.4	2.62	109.17	20.4	excellent
Lamb	4 oz	350.4	2.51	104.58	5.4	excellent
Scallops	4 oz	125.9	2.44	101.67	14.5	excellent
Shrimp	4 oz	134.9	1.88	78.33	10.4	excellent
Beef	4 oz	132.7	1.44	60.00	8.1	excellent
Yogurt	1 cup	149.4	0.91	37.92	4.6	very good
Cow's milk	4 oz	74.4	0.55	22.92	5.5	very good
Eggs	1 each	77.5	0.55	22.92	5.3	very good

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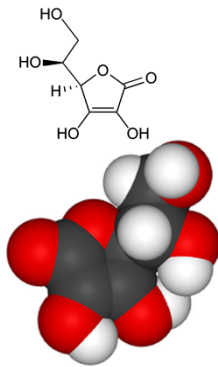
World's Healthiest Foods ranked as quality sources of vitamin C						
Food	Serving Size	Cals	Amount (mg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Papaya	1 medium	118.7	168.08	224.11	34.0	excellent
Bell Peppers	1 cup	28.5	117.48	156.64	98.9	excellent
Broccoli	1 cup	54.6	101.24	134.99	44.5	excellent
Brussels Sprouts	1 cup	56.2	96.72	128.96	41.3	excellent
Strawberries	1 cup	46.1	84.67	112.89	44.1	excellent
Pineapple	1 cup	82.5	78.87	105.16	22.9	excellent
Oranges	1 medium	61.6	69.69	92.92	27.2	excellent
Kiwi fruit	1 2 inches	42.1	63.96	85.28	36.5	excellent
Cantaloupe	1 cup	54.4	58.72	78.29	25.9	excellent
Cauliflower	1 cup	28.5	54.93	73.24	46.2	excellent
Kale	1 cup	36.4	53.30	71.07	35.1	excellent
Cabbage	1 cup	43.5	51.60	68.80	28.5	excellent
Bok Choy	1 cup	20.4	44.20	58.93	52.0	excellent

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Health Uses of Vitamin C

- ★ Improves immune system
- ★ Combats infection
- ★ Antihistamine
- ★ Reduces inflammation
- ★ Participates in making adrenaline
- ★ Increases iron uptake
- ★ Heals connective tissue
- ★ Antioxidant
- ★ Aids in wound healing
- ★ Cardiovascular health
- ★ Cancer prevention and reversal
- ★ **Transport of fat into cells for ATP**



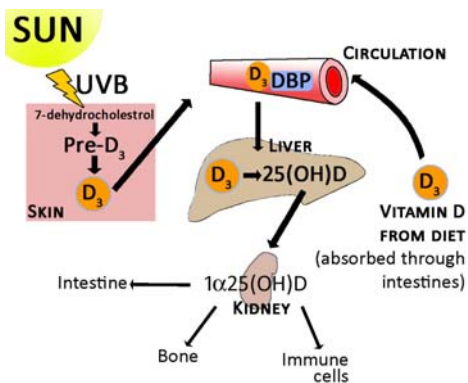
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Vitamin D in Foods

Food	Serving Size	Calories	Amount of Vitamin D
Cod Liver Oil	1Tbs	120	1360
Salmon	4 oz	158	511
Sardines	3.2 oz	189	175
Tuna	4 oz	147	93
Egg	1	77	43
Shiitake Mushrooms	½ cup	41	20

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Vitamin D Basics



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World's Healthiest Foods ranked as quality sources of vitamin E

Food	Serving Size	Cals	Amount (mg (ATE))	DR/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Sunflower Seeds	0.25 cup	204.4	12.31	82.07	7.2	excellent
Spinach	1 cup	41.4	3.74	24.93	10.8	excellent
Swiss Chard	1 cup	35.0	3.31	22.07	11.3	excellent
Turnip Greens	1 cup	28.8	2.71	18.07	11.3	excellent
Asparagus	1 cup	39.6	2.70	18.00	8.2	excellent
Mustard Greens	1 cup	36.4	2.49	16.60	8.2	excellent
Chili Peppers	2 tsp	15.2	2.06	13.73	16.2	excellent
Almonds	0.25 cup	132.2	6.03	40.20	5.5	very good
Broccoli	1 cup	54.6	2.26	15.07	5.0	very good
Bell Peppers	1 cup	28.5	1.45	9.67	6.1	very good
Kale	1 cup	36.4	1.11	7.40	3.7	very good
Cayenne Pepper	2 tsp	11.4	1.07	7.13	11.2	very good
Tomatoes	1 cup	32.4	0.97	6.47	3.6	very good

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World's Healthiest Foods ranked as quality sources of vitamin K						
Food	Serving Size	Cals	Amount (mcg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
Kale	1 cup	36.4	1062.10	1180.11	583.6	excellent
Spinach	1 cup	41.4	888.48	987.20	429.2	excellent
Mustard Greens	1 cup	36.4	829.78	921.98	455.9	excellent
Collard Greens	1 cup	62.7	772.54	858.38	246.4	excellent
Swiss Chard	1 cup	35.0	572.77	636.41	327.3	excellent
Turnip Greens	1 cup	28.8	529.34	588.16	367.6	excellent
Parsley	0.50 cup	10.9	498.56	553.96	911.4	excellent
Broccoli	1 cup	54.6	220.12	244.58	80.6	excellent
Brussels Sprouts	1 cup	56.2	218.87	243.19	77.9	excellent
Romaine Lettuce	2 cups	16.0	96.35	107.06	120.6	excellent
Asparagus	1 cup	39.6	91.08	101.20	46.0	excellent
Basil	0.50 cup	4.9	87.94	97.71	360.4	excellent
Cabbage	1 cup	43.5	71.40	79.33	32.8	excellent

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