

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



Food Sources

with

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Medical Disclaimer: The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, drritamarie.com, and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

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

**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
<u>Asparagus</u>	1 cup	39.6	0.29	24.17	11.0	excellent
<u>Sunflower Seeds</u>	0.25 cup	204.4	0.52	43.33	3.8	very good
<u>Green Peas</u>	1 cup	115.7	0.36	30.00	4.7	very good
<u>Flax Seeds</u>	2 TBS	74.8	0.23	19.17	4.6	very good
<u>Spinach</u>	1 cup	41.4	0.17	14.17	6.2	very good
<u>Brussels Sprouts</u>	1 cup	56.2	0.17	14.17	4.5	very good
<u>Cabbage</u>	1 cup	43.5	0.11	9.17	3.8	very good
<u>Eggplant</u>	1 cup	34.6	0.08	6.67	3.5	very good
<u>Romaine Lettuce</u>	2 cups	16.0	0.07	5.83	6.6	very good
<u>Mushrooms, Crimini</u>	1 cup	15.8	0.07	5.83	6.6	very good

**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
<u>Spinach</u>	1 cup	41.4	0.42	32.31	14.0	excellent
<u>Mushrooms, Crimini</u>	1 cup	15.8	0.35	26.92	30.6	excellent
<u>Asparagus</u>	1 cup	39.6	0.25	19.23	8.7	excellent
<u>Sea Vegetables</u>	1 TBS	10.8	0.14	10.77	17.9	excellent
<u>Eggs</u>	1 each	77.5	0.26	20.00	4.6	very good
<u>Cow's milk</u>	4 oz	74.4	0.21	16.15	3.9	very good
<u>Collard Greens</u>	1 cup	62.7	0.20	15.38	4.4	very good
<u>Broccoli</u>	1 cup	54.6	0.19	14.62	4.8	very good
<u>Swiss Chard</u>	1 cup	35.0	0.15	11.54	5.9	very good
<u>Green Beans</u>	1 cup	43.8	0.12	9.23	3.8	very good
<u>Mushrooms, Shiitake</u>	0.50 cup	40.6	0.12	9.23	4.1	very good

**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
<u>Tuna</u>	4 oz	147.4	25.03	156.44	19.1	excellent
<u>Chicken</u>	4 oz	187.1	15.55	97.19	9.3	excellent
<u>Turkey</u>	4 oz	166.7	13.32	83.25	9.0	excellent
<u>Mushrooms, Crimini</u>	1 cup	15.8	2.74	17.12	19.5	excellent
<u>Salmon</u>	4 oz	157.6	9.02	56.38	6.4	very good
<u>Lamb</u>	4 oz	350.4	8.05	50.31	2.6	very good
<u>Beef</u>	4 oz	132.7	7.60	47.50	6.4	very good
<u>Asparagus</u>	1 cup	39.6	1.95	12.19	5.5	very good
<u>Tomatoes</u>	1 cup	32.4	1.07	6.69	3.7	very good
<u>Bell Peppers</u>	1 cup	28.5	0.90	5.62	3.6	very good

**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
<u>Mushrooms, Shiitake</u>	0.50 cup	40.6	2.61	52.20	23.1	excellent
<u>Mushrooms, Crimini</u>	1 cup	15.8	1.08	21.60	24.5	excellent
<u>Cauliflower</u>	1 cup	28.5	0.63	12.60	8.0	excellent
<u>Sweet Potato</u>	1 medium	180.0	1.77	35.40	3.5	very good
<u>Broccoli</u>	1 cup	54.6	0.96	19.20	6.3	very good
<u>Asparagus</u>	1 cup	39.6	0.40	8.00	3.6	very good
<u>Turnip Greens</u>	1 cup	28.8	0.39	7.80	4.9	very good
<u>Bell Peppers</u>	1 cup	28.5	0.29	5.80	3.7	very good
<u>Cucumber</u>	1 cup	15.6	0.27	5.40	6.2	very good
<u>Celery</u>	1 cup	16.2	0.25	5.00	5.6	very good
<u>Avocado</u>	1 cup	240.0	2.08	41.60	3.1	good

**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
<u>Tuna</u>	4 oz	147.4	1.18	69.41	8.5	excellent
<u>Spinach</u>	1 cup	41.4	0.44	25.88	11.3	excellent
<u>Cabbage</u>	1 cup	43.5	0.34	20.00	8.3	excellent
<u>Bok Choy</u>	1 cup	20.4	0.28	16.47	14.5	excellent
<u>Bell Peppers</u>	1 cup	28.5	0.27	15.88	10.0	excellent
<u>Turnip Greens</u>	1 cup	28.8	0.26	15.29	9.6	excellent
<u>Garlic</u>	6 cloves	26.8	0.22	12.94	8.7	excellent
<u>Cauliflower</u>	1 cup	28.5	0.21	12.35	7.8	excellent
<u>Turkey</u>	4 oz	166.7	0.92	54.12	5.8	very good
<u>Beef</u>	4 oz	132.7	0.74	43.53	5.9	very good

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

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
<u>Lentils</u>	1 cup	229.7	358.38	89.59	7.0	excellent
<u>Asparagus</u>	1 cup	39.6	268.20	67.05	30.5	excellent
<u>Spinach</u>	1 cup	41.4	262.80	65.70	28.6	excellent
<u>Turnip Greens</u>	1 cup	28.8	169.92	42.48	26.5	excellent
<u>Broccoli</u>	1 cup	54.6	168.48	42.12	13.9	excellent
<u>Beets</u>	1 cup	74.8	136.00	34.00	8.2	excellent
<u>Romaine Lettuce</u>	2 cups	16.0	127.84	31.96	36.0	excellent
<u>Bok Choy</u>	1 cup	20.4	69.70	17.43	15.4	excellent
<u>Cauliflower</u>	1 cup	28.5	54.56	13.64	8.6	excellent
<u>Parsley</u>	0.50 cup	10.9	46.21	11.55	19.0	excellent

**World's Healthiest Foods ranked as quality sources of
vitamin B12**

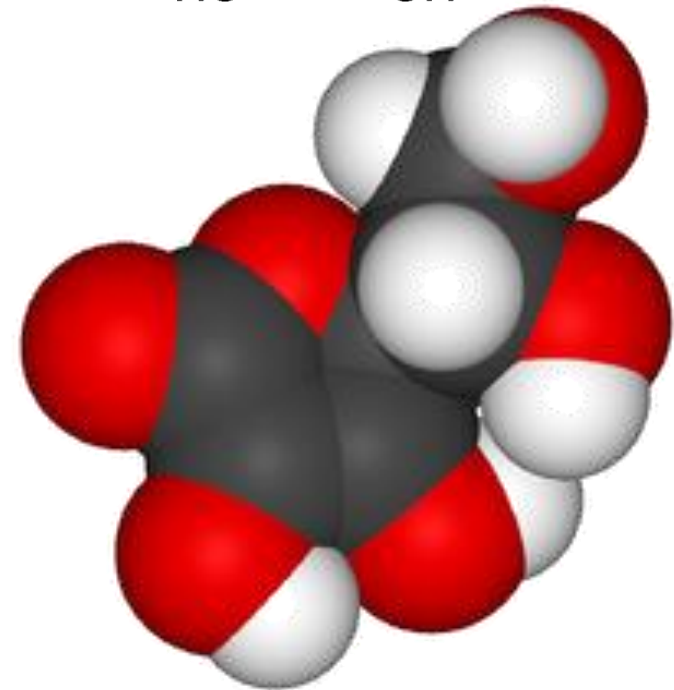
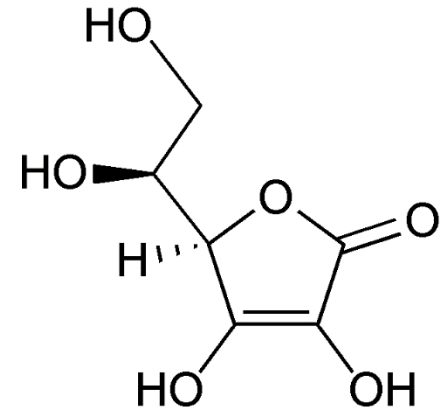
Food	Serving Size	Cals	Amount (mcg)	DRI/DV (%)	Nutrient Density	World's Healthiest Foods Rating
<u>Sardines</u>	3.20 oz	188.7	8.11	337.92	32.2	excellent
<u>Salmon</u>	4 oz	157.6	5.67	236.25	27.0	excellent
<u>Tuna</u>	4 oz	147.4	2.66	110.83	13.5	excellent
<u>Cod</u>	4 oz	96.4	2.62	109.17	20.4	excellent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

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
Kiwifruit	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

Health Uses of Vitamin C

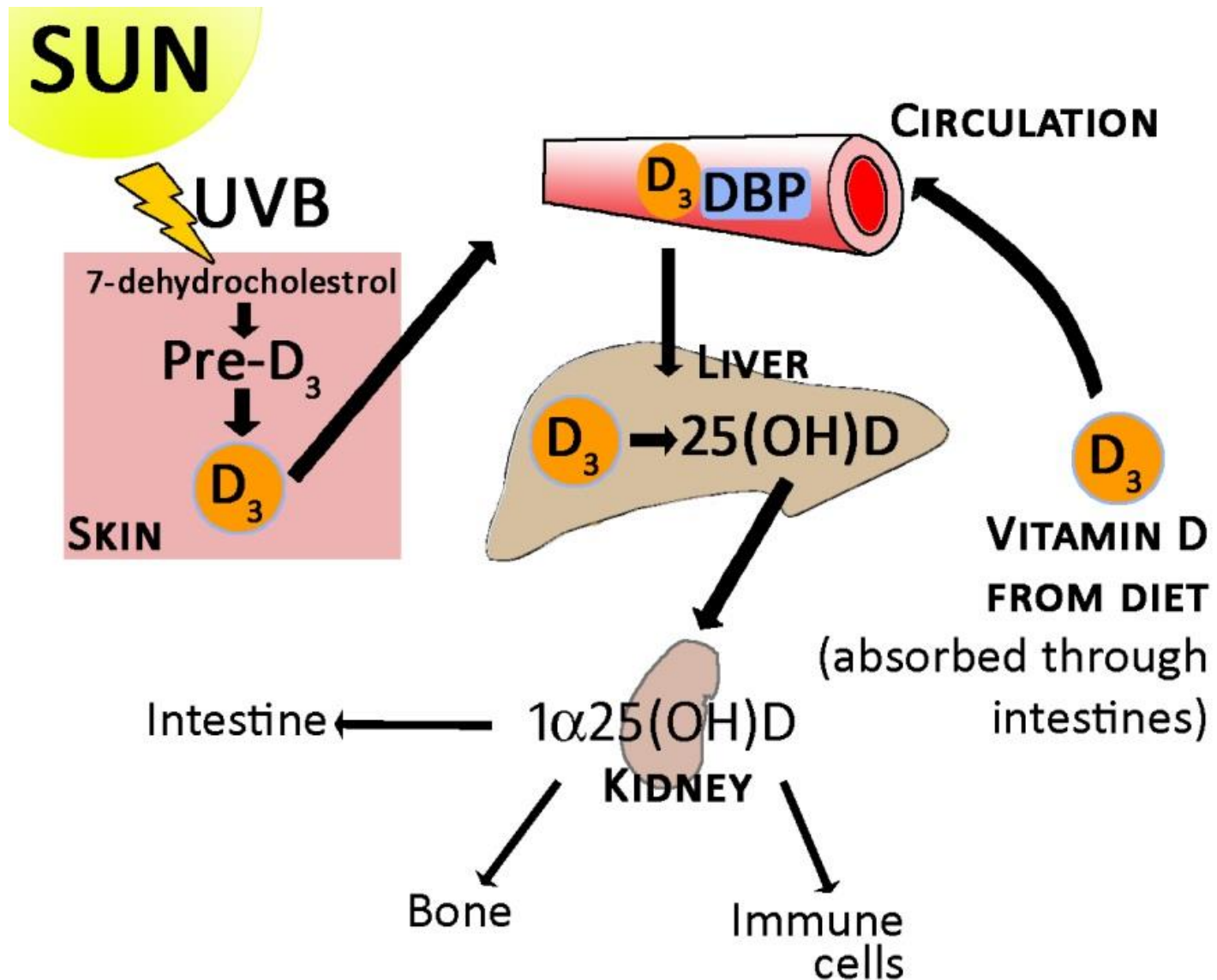
- ★ Improves immune system
- ★ Combats infection
- ★ Antihistamine
- ★ Reduces inflammation
- ★ Participates in making adrenaline
- ★ Increases iron uptake
- ★ Heals connective tissue
- ★ Antioxidant
- ★ Aids in wound healing
- ★ Cardiovascular health
- ★ Cancer prevention and reversal
- ★ **Transport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



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

Vitamin D Basics



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

Food	Serving Size	Cals	Amount (mg (ATE))	DRI/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

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