



CALIFORNIA CENTER *for*
FUNCTIONAL MEDICINE

Use this handout to get plenty of nutrient-dense foods into your diet. These nutrients are essential for good health, and are often deficient in many Americans.

Vitamin A

- Liver
- Egg yolks
- Cod liver oil

Vitamin D

- Sunshine (not a food but the best source of vitamin D)
- Cod liver oil
- Fatty fish (e.g. sardines, salmon, mackerel)
- Shellfish (oysters, clams, shrimp, etc)
- Mushrooms

Magnesium

- Dark, leafy greens (e.g. spinach, Swiss chard, kale)
- Nuts and seeds (especially pumpkin seeds)
- Fish
- Avocados
- Yogurt
- Bananas
- Dark chocolate
- Molasses
- Figs

Vitamin K2

- Grass fed dairy
- Poultry liver
- Natto

Vitamin C

- Citrus fruit
- Bell peppers
- Dark, leafy greens
- Kiwi
- Broccoli
- Berries
- Tomatoes
- Papaya
- Brussels sprouts
- Cantaloupe

Iodine

- Seaweed
- Fish
- Shellfish
- Potatoes
- Cranberries
- Organic dairy

Vitamin B12

- Clams
- Liver
- Oysters
- Fish
- Mussels
- Grass-fed beef
- Kidney
- Crab

Folate

- Liver
- Dark, leafy greens
- Asparagus
- Okra
- Artichoke
- Broccoli
- Legumes, lentils
- Sunflower seeds

Vitamin B6

- Fish
- Poultry
- Banana
- Potato
- Avocado
- Pistachios

Selenium

- Brazil nuts
- Tuna
- Shellfish
- Pork
- Grass fed beef
- Mushrooms

Potassium

- Winter squash
- Potato
- Avocado
- Sweet potato
- Coconut water
- Grass-fed dairy
- Prunes
- Brussels sprouts
- Beets

Zinc

- Liver
- Grass-fed beef
- Oysters
- Crab
- Venison
- Lobster