

Sources of Essential Vitamins and Minerals



CULINARY SERVICES GROUP

443-952-8167 info@csg.com

www.culinaryservicesgroup.com

Academy of Nutrition and Dietetics; eatrightpro.org

National Institutes of Health, Office of Dietary Supplements; ods.nih.gov

World Health Organization, Nutrition; www.who.int/nutrition/publications/vitamins/minerals/en/

NUTRIENT	FOOD SOURCE	EFFECT OF LONG - TERM INADEQUATE INTAKE
Thiamine (Vitamin B1)	Legumes, Whole Grains, Nuts, Meats	Confusion, Fatigue, Loss of Appetite, Poor Reflexes
Niacin (Vitamin B3)	Wholegrains, Vegetables, Nuts	Depression, Fatigue
Pantothenic Acid (Vitamin B5)	Wholegrains, Vegetables, Meats	Fatigue, Irritability, Numbness in Hands/Feet
Pyridoxine (Vitamin B6)	Wholegrains, Legumes, Eggs, Meats	Depression, Confusion, Cheilitis
Cyanocobalamin (Vitamin B12)	Meat, Fish, Dairy Products, Eggs	Depression, Poor Memory, Fatigue, Muscle Weakness
Folic Acid (Vitamin B9)	Green Leafy Vegetables, Legumes, Liver	Fatigue, Irritability, Diarrhea
Riboflavin (Vitamin B2)	Wholegrains, Eggs, Green Leafy Vegetables	Depression, Fatigue, Swollen Throat, Blurred Vision
Biotin (Vitamin B7)	Liver, Eggs, Fish, Nuts, Sunflower Seeds, Sweet Potatoes	Depression, Lethargy, Hallucinations, Rash, Hair Thinning/Alopecia
Ascorbic Acid (Vitamin C)	Fresh Fruits/Vegetables	Depression, Fatigue, Scurvy
Magnesium	Legumes, Green Vegetables, Fish, Nuts	Depression, Apathy, Fatigue, Muscle Weakness
Selenium	Eggs, Oysters, Tuna, Liver, Brazil Nuts, Legumes, Mushrooms, Sunflower Seeds, Oats, Brown Rice	Depression, Confusion, Fatigue, Infertility, Muscle Weakness
Zinc	Oysters, Nuts, Legumes, Seeds, Fish, Whole Grains, Red Meats, Poultry, Dairy Products	Loss of Appetite, Lack of Motivation (Mental Lethargy), Decreased Immune Function