

Nutrients Table- Jacquie McIntyre																
ANTIOXIDANT	% per 100gr	VITA		VIT B1		VIT C		VIT D		IRON		CALCIUM		POTASSIUM		
Apples		Apricot	G	Asparagus	VG	Apple	G	Eggs	G	Asparagus	VG	Lychee		Lychee / Mango	VG	
Artichokes cooked	3.56	Asparagus	G	Brussel Sprouts	VG	Apricot	VG	Goats Milk	G	Basil	VG	Yoghurt	VG	Passionfruit	G	
Asparagus +	0.88	Bell Pepper	G	Eggplant	VG	Asparagus	E	Milk	G	Black Beans	G	Tofu	E	Cauliflower	G	
Blackberries +	5.75	Broccoli	G	Green peas	VG	Avocado	G	Mushrooms Shitake	G	Broccoli	G	Sesame seeds	G	Pineapple / Papaya		
Blueberries	2.68	Brussels	G	Mushrooms crimini	VG	Banana	G	Salmon	E	Brussel Sprouts	G	Sardines	G	Pomegranate	VG	
Broccoli cooked	0.86	Cantaloupe Melon	VG	Spinach	VG	Basil	G	Sardines	G	Cauliflower	G	Spinach	E	Cherry	G	
Cabbage gr + 448%		Carrots	E	Sunflower seeds	VG	Beets	G			Chick Peas	G	Cheese	G			
Cabbage red + 270%	1.61	Cayenne Pepper	G	Tomatoes	VG	Bell Peppers	E			Cumin	E	Blackstrap molasses	VG			
Carrots + 290%		Celery	G	Tuna	VG	Blueberries	VG		VIT E	Fennel	G	Kale	VG			
Cherry		Chilli Pepper	G	Sunflower Seeds	VG	Broccoli	E	Almonds	E	Green Beans	G	Leeks	G			
Cloves	2.64	Greens	VG			Brussel Sprouts	E	Asparagus	VG	Kale	G			Asparagus	G	
Cranberries	3.13	Grapefruit	G	VIT B2		Cabbage	E	Bell Peppers	VG	Kidney Beans	G			Brazil Nuts	E	
Cranberry juice	2.47	Green Beans	G	Asparagus	VG	Cantaloupe	E	Broccoli	G	Leeks	G	COPPER		Broccoli	G	
Goji		Green Peas	G	Broccoli	VG	Carrots	VG	Brussel Sprouts	G	Lentils	G	Asparagus	VG	Brown Rice	G	
Grape Juice	2.56	Kale	VG	Eggs	VG	Cauliflower	E	Carrots	G	Lentils	G	Mango	G	Cod	E	
Green tea		Leeks	G	Lettuce	VG	Celery	VG	Cayenne Pepper	VG	Lima Beans	G	Lychee	G	Eggs	VG	
Kiwi fruit	1.21	Lettuce	VG	Mushrooms	E	Corn	G	Collard Greens	G	Navy Beans	G	Crimini mushrooms	VG	Garlic	G	
Lychee		Papaya	VG	Spinach	E	Cranberries	E	Cranberries	G	Olives	G	Spinach	VG	Madadamia	VG	
Mango		Parsley	G			Cucumber	G	Kale	G	Oregano	VG	Sesame seeds	VG	Mushrooms	E	
Mushrooms		Peppermint	G	VIT B6	E	Eggplant	G	Mango	G	Parsley	G	IODINE		Salmon	VG	
Orange juice	1.61	Pineapple	G	Bananas	VG	Fennel	E	Papaya	G	Pumpkin Seeds	G	Cheese	VG	Sardines	VG	
Oranges		Plums	G	Bell Peppers	VG	Garlic	VG	Quinoa	E	Romaine lettuce	VG	Eggs	VG	Tuna	E	
Passionfruit		Spinach	VG	Broccoli	VG	Grapefruit	E	Raspberries	G	Rosemary	G	Milk	VG	Chicken	G	
Pineapple	1.28	Squash / Pumpkin	E	Cauliflower	G	Grapes	G	Spinach	E	Sesame Seeds	G	Strawberries	VG	ZINC		
Pineapple juice	1.86	Sweet Potato	E	Celery	G	Green Beans	E	Sunflower Seeds	E	Soy Beans	G	Yoghurt	VG	Asparagus	G	
Pinto beans dried	1.72	Swiss Chard	VG	Mango	G	Green Peas	VG	Swiss Chard	E	Soy Beans	G	Seafood (local)	G	Crimini Mushrooms	VG	
Plums	1.26	Tomatoes	G	Pineapple (B complex)	E	Kale	E	Tomatoes raw	G	Spinach / Chard	E	Fish (local)	G	Fish / Beef / Lamb	G	
Pomegranate		Turnip Greens	VG	Lychee (B complex)	VG	Kiwi Fruit	E	Turnip Greens	E	Thyme	E	Sea Veg / Wakame	E	Oysters	G	
Potatoes cooked + 290	1.14	Watermelon	G	Spinach	G	Leeks	VG			Tofu	VG			Pumpkin Seeds	G	
Prunes	1.51			Tuna	G	Lemons & Limes	E			Tomatoes	G			Scallops	G	
Quinoa				Chicken	G	Lychee	E	VIT K1		Turmeric	E	MAGNESIUM	G	Sesame Seeds	VG	
Raspberries	2.87	ESSENTIAL AMINO ACIDS		B7 Biotin		Mango	G	Asparagus	E			Brown Rice	G	Spinach	G	
Red Pepper +	0.99	Eggs	all	Almonds	E	Onions	VG	Brussel Sprouts	E			Brussel Sprouts	G	Yoghurt	G	
Strawberries	3.58	Beans	TR	Peanuts	E	Oranges /Tangerines	E	Broccoli	E			Lychee	E	Green Peas		
Sweet Pot + 413 %		Milk	all	Goats Milk	VG	Papaya	E	Carrots	VG			Pineapple	G	Chicken		
Tea		Quinoa	all	Tomatoes	VG	Passionfruit	E	Celery / Green beans	E			Pomegranate	VG			
Tomatoes +	0.82	Soybeans	all	VIT B12		Parsley	E	Kale / Spinach	E	PRE BIOTICS		Quinoa	E			
Turmeric		Poultry & lean meat	VG	Eggs	G	Pear	G	Greens / Parsley	E	Leeks	G	Spinach	G			
Walnuts	3.72	(eat only organic)		Goats Milk	VG	Pineapple	E	Leeks Cauliflower	E	Garlic	G	Swiss Chard	G			
		Chicken has everything		Milk	G	Plum	VG	Tomatoes	E	Onions	G	Pumpkin seeds	G	PROTEIN		
				Mushrooms Crimini	G	Pomegranate	G			Asparagus		Pinto/Lima/Kidney bea	G	Chicken	VG	
				Salmon	VG	Potatoes	G	VIT K2		Green fibrous veg		Spelt	G	Cod	E	
Vit C foods also antioxidant				Sardines	E	Raspberries	E	Animal products		(fibrous plants)		Sunflower seeds	G	Cheese (low fat)	VG	
Preservatives and additives produce free radicals = disease				Shrimps / Scallops	VG	Romaine Lettuce	E					Almonds Cashews	G	Eggs	G	
Some foods higher in antioxidants when cooked = +%				Yoghurt	G	Spinach	E			PRO BIOTICS				Muhrooms	VG	
All nutrients have functions =				Chicken	E	Squash / Pumpkin	E	FOLATE		Yoghurt		MANGANESE		Quinoa	VG	
antiflammatory, anti cancer, anti influenza etc						Strawberries	E	GLUTAMINE		Kefir		Pineapple		Sardines	VG	
				B3/B5/B9/		Sweet Potato	VG	LIPOIC ACID		Kombucha		Spinach		Soybeans (non GMO)	VG	
E = excellent				All usually found with others		Swiss Chard	E			Miso Soup		Crimini Mushrooms		Spinach	VG	
VG = very good				Known as B Complex		Tomatoes	E			(with live cultures)		Strawberries / Raspb		Tuna	E	
G = good						Watermelon	E					Brown Rice		Turkey	VG	