



The nutritional info found within the tables in this file were sourced from [VIVA](#). "Copied, Pasted, Edited & Altered" by myself to suit my diet & lifestyle (I say this because I believe - one type of diet does not work for all). To view the original list of A-Z Nutrients, please see [here](#).

Key points to note:

I have removed some foods that I do not eat: such as **tofu** and **fermented foods**.

I also consume foods that are not listed in this guide, most of which are tropical fruits and vegetables. eg, callaloo, okra, bitter leaf, krain-krain, soursap and more

Lastly, I always get asked if "I eat healthy to stay slim?". The truth is, I come from a family of all shapes and sizes but one common factor is that - the women take pride in their bodies, work to maintain it and celebrate each other.

If we are to value our health based 'solely' on our weight and body shape, we have truly failed.

My reason for eating healthy is because: I was simply tired of constant visits to the GP and feeling unwell. The choice is yours.

I hope whoever is looking through these pages finds good health & the willpower to stay on a journey of healthy eating & living.

A-Z of nutrients from VIVA.ORG.UK

THE BODY WAS NOT DESIGNED TO BE SICK. WHAT WE NOURISH IT WITH CREATES ROOM FOR DISEASE TO THRIVE.

GIVE THE BODY THE RIGHT FUEL & IT WILL FUNCTION PROPERLY, GIVING YOU ALL THE ENERGY, YOU NEED TO LIVE A LIFE WITHOUT CONSTANT VISITS TO YOUR DOCTOR

Nutrients	Signs of Deficiency	Plant sources
<p>Calcium</p>	<p>Muscle spasms or cramps, confusion, fainting, numbness and tingling in hands, feet and face, brittle nails, fragile bones, tooth decay and tiredness</p> <p>Note: when acid forming foods are eaten, the body extracts calcium from the bones to help with the digestive process.</p> <p>Daily need: 700 milligrams</p>	<p>SEAMOSS</p> <p>Plant-based milk alternatives fortified with calcium, dried figs, kale, sesame seeds and tahini, butternut squash, Brazil nuts, spring greens and watercress.</p> <p>While spinach, chard and beet greens contain a relatively high amount of calcium, they also contain a substance called oxalate which hinders calcium absorption. It is better to obtain calcium from low-oxalate green vegetables like kale. The calcium in these is absorbed about twice as well as the calcium in milk. They also contain fibre, folate, iron and antioxidants, some of the very nutrients lacking in dairy.</p>
<p>Carbohydrates</p>	<p>Constipation, headaches, kidney fatigue, bad breath, decreased insulin sensitivity, increased cholesterol levels & more..</p> <p>Our bodies run on carbs so don't avoid them. Choose the good ones & you'll be the best you can be. A steady energy supply from good carbs also makes you feel good, physically & mentally</p> <p>Daily need: 30 grams a day Note: not all carbohydrates are the same (sugar, starch and fibre. <i>If you have a digestive disorder such as irritable bowel syndrome (IBS), you may need to modify the type and amount of fibre in your diet in accordance with your symptoms.</i></p>	<p>The healthiest sources of carbohydrates: Unprocessed or minimally processed foods such as wholegrains, fruit and vegetables (5-8 portions a day), pulses (chickpeas), Nuts and seeds – walnuts provide plenty as do sesame , Dried fruit is packed with fibre and can boost your intake significantly – these release their energy gradually, promote good health by providing vitamins, minerals, fibre, antioxidants and many important phytonutrients.</p> <p>Unhealthy sources of carbohydrates: Processed or refined foods such as white bread, pastry, sugary and savoury processed snacks, cakes, sweets, fizzy and sugary drinks (including hot drinks with flavoured syrups) and other processed commercial foods – these contain easily digested carbohydrates that turn to sugar fast and</p>

		may contribute to weight gain, heart disease, diabetes and some types of cancer.
Chromium	High blood sugar levels, tiredness and poor skin health. Daily need: 25 micrograms	The best plant sources of chromium are: onions, wholegrains (wholemeal and rye bread and oats), black pepper, romaine lettuce, tomatoes, peaches, bananas and apples (especially the peel).
Copper	Tiredness, anaemia, bone fragility, weak immune system, muscle and joint pain and easy bruising. Daily need: 1.2 milligrams	The best plant sources of copper include wholegrain foods (spelt & rye oats, quinoa), nuts (walnuts, Brazil nuts), seeds (sesame seeds), pulses (edamame, conshoe), dried apricots, mushrooms.
FAT	Deficiency is only seen when these important fats make up less than 1-2 percent of your total food energy. Typical symptoms include excessive thirst, frequent urination, dry or rough skin, dry hair, dandruff, brittle nails, headaches, stomach ache, diarrhoea and constipation. Low omega-3 intake is also linked to behavioural problems such as hyperactivity-impulsivity, anxiety, temper tantrums, sleep problems and learning difficulties in some children. Low levels of DHA have been associated with several neurological and behavioural disorders such as depression, schizophrenia, Alzheimer's disease, and attention deficit hyperactivity disorder (ADHD). Omega-3 fats are important for brain function and low intake may have negative effects on behaviour, learning and mood. Daily intake: no more than a third (33 per cent) of our daily energy intake	Most people get enough – or even too much – omega-6 at the expense of omega-3 and need to redress the balance. A sensible approach is to limit how much omega-6-rich vegetable oil you use (like sunflower oil), switching to grapeseed oil for cooking, while increasing your omega-3 intake. You can obtain all the essential omega-3 fats you need by including good plant-based sources of them in your diet (Walnuts, Walnut oil, Hempseed oil (1table spoon for oils). Avocado, peas, edamame, Hempseeds. Most people can obtain all the EFAs they require from a well-balanced plant-based diet including flaxseed oil, nuts and seeds. In most cases, dietary replenishment will usually reverse any deficiency. If you are concerned, you can buy vegan supplements of algal omega-3 (EPA and DHA) online.
FOLATE (FOLIC ACID OR VIT B9)	Poor growth, loss of appetite, tongue and gum inflammation, cognitive problems, tiredness, blood disorders and digestive disorders. Daily intake: 200 micrograms	The best plant sources of folic acid include green vegetables (kale, lettuce and peas), yeast extract – Marmite, red pepper, fortified breakfast cereal, oranges, squash, cherry tomatoes and hazelnuts.

<p>IODINE</p>	<p>Enlarged thyroid gland (goitre), tiredness, weight-gain, increased susceptibility to infections, depression, feeling cold at all times & dry & cracked skin. Daily intake: 140 micrograms</p>	<p>The best plant sources of iodine include sea vegetables (kombu, arame, wakame and nori) and iodised salt.</p> <p>The following foods have varying iodine content depending on iodine levels in the soil in which they're grown: wholegrains, green beans, courgettes, kale, spring greens, watercress, strawberries.</p>
<p>IRON</p>	<p>Tiredness, weakness, feeling cold, inability to concentrate, weakened immune system & anaemia Daily intake: 8.7 milligrams a day for men over 18 14.8 milligrams a day for women aged 19-50 years</p>	<p>The best plant sources of iron include wholegrains (quinoa, and wholemeal bread), fortified breakfast cereals, pulses (chickpeas), seeds (squash seeds, sesame seeds and tahini –dried fruit (figs), seaweed (nori) and dark green leafy vegetables (kale).</p> <p>Some herbs and spices contain considerable amounts of iron (20-100 milligrams per 100 grams) and although they tend to be used sparingly, regular use will contribute to your overall intake). For example, three teaspoons of mixed herbs (68.97 milligrams per 100 grams) contain two milligrams of iron.</p>
<p>MAGNESIUM</p>	<p>Confusion, tiredness, depression, muscle twitching or spasms, irritability, heartbeat changes or rapid heartbeat and tingling and sleep disorders such as insomnia. Daily intake: 300 milligrams for men & 270 milligrams for women</p>	<p>The best plant sources of magnesium include wholegrain foods (quinoa, fonio), nuts (Brazil nuts, walnuts), seeds (sesame seeds and tahini – sesame seed paste) pulses (edamame), spinach, grape molasses</p>
<p>MANGANESE</p>	<p>Low blood sugar, dizziness, bone and cartilage problems and reduced fertility.</p>	<p>The best plant sources of manganese include tea, wholegrains (wholegrain and wholemeal bread), nuts (walnuts) pulses (tofu, soya conshoe beans, chickpeas), green vegetables (kale), berries (blueberries, raspberries and strawberries), seeds (sesame seeds and tahini – sesame seed paste) and avocados.</p> <p>Nuts, grains, beans and tea are rich in manganese hence vegetarians and tea drinkers may have a higher intake than the average person but such levels are unlikely to cause adverse health effects.</p>

<p>PHOSPHORUS</p>	<p>Loss of appetite, anxiety, bone pain, fragile bones, fatigue, irregular breathing, irritability, joint stiffness, numbness, weakness, in children – slower growth and poor bone and tooth development.</p> <p>Daily intake: 550 milligrams</p>	<p>The best plant sources of phosphorus include nuts (Brazil nuts and walnuts) wholegrains (quinoa and wholemeal bread) pulses (edamame, peas and chickpeas), seeds (sesame seeds and tahini – sesame seed paste) and parsnips.</p>
<p>POTASSIUM</p>	<p>Weakness, tiredness, muscle cramps, nausea, vomiting, tingling or numbness, constipation, irregular heartbeat, feeling thirsty all the time and passing large amounts of urine and depression.</p> <p>Contrary to popular belief, bananas are not an exceptional source of potassium compared to many other plant foods, with one banana supplying just 11 per cent of your daily needs. However, as part of a varied, vegan diet, bananas can provide a useful boost to your potassium intake.</p> <p>Daily intake: 3500 milligrams</p>	<p>The best plant sources of potassium include pulses (edamame), dried fruit (apricots and figs), squash (acorn and butternut), avocado, Kale, and bananas. dried figs (3 figs)</p> <p>Although whole grains are wonderful foods, remember to also include plenty of pulses (peas, beans and lentils) and starchy veg (squash) which are good sources of potassium.</p>
<p>PROTEIN</p>	<p>Protein deficiency is very rare in Western societies and usually the result of disease or ageing rather than diet.</p> <p>Generally, as long as you're getting enough calories, you're getting enough protein.</p> <p>If you are missing out, symptoms might include: low energy levels, fatigue, poor concentration and trouble learning, loss of muscle and weakened immune system leading to increased infections.</p> <p>Kwashiorkor is a disease caused by protein deficiency. Symptoms include a badly swollen abdomen. Kwashiorkor is common in developing countries because people may not get enough protein in their diet.</p> <p>Daily intake: men should eat 55 grams and women 45 grams</p>	<p>The best plant sources of protein include pulses (lentils, beans, chickpeas, peas), nuts, seeds and wholegrains (wholemeal, wholewheat). Bean burger, Quinoa</p>

<p>SELENIUM</p>	<p>Hair loss, fingernail discoloration, low immunity, tiredness, inability to concentrate, reproductive problems, hypothyroidism (low function of the thyroid); extreme deficiency can lead to Keshan disease (cardiomyopathy) or Kashin-Beck disease (a type of osteoarthritis).</p> <p>Daily intake: 60 micrograms</p>	<p>The best plant sources of selenium include Brazil nuts (6 nuts), sesame seeds, wholegrains and mushrooms.</p> <p>The main plant-based sources of selenium in the UK diet are bread and cereals. The amount contained in 100 grams of Brazil nuts can range from 85-690 micrograms per 100 grams. Consuming just two Brazil nuts a day for 12 weeks can increase the amount of selenium in the blood by over 60 per cent. So, including Brazil nuts in the diet could avoid the need for supplements.</p>
<p>SODIUM</p>	<p>Daily intake: no more than 1tsp a day</p> <p>Tips to reduce your salt intake:</p> <p>Check nutrition labels. Avoid snacks (crisps and salted nuts) Avoid canned foods. Use herbs and spices for flavour when cooking instead of salt. Avoid stock cubes. Make homemade stock w/o salt Avoid ketchup, mayo and other sauces.</p>	<p>Salt is found in many foods, including cereal products (breakfast cereals and wholegrain products). Processed foods can contain relatively high levels.</p>
<p>VITAMIN A</p>	<p>Frequent and persistent skin infections, mouth ulcers, thrush or cystitis, dandruff and dry hair, dry eyes, sore eyelids and in very extreme cases night blindness.</p> <p>Daily intake: men 0.7 milligrams a day and women, 0.6 milligrams</p>	<p>The best plant sources of beta-carotene are: carrots, butternut squash, kale red pepper, cantaloupe melon, papaya, mango, watercress.</p>

<p>VITAMIN B1 THIAMINE</p>	<p>Headache, nausea, fatigue, irritability, depression, stomach discomfort, forgetfulness, poor coordination, stomach upsets, constipation, laboured breathing, loss of appetite and weight loss.</p> <p>Deficiency occurs mostly in populations whose diet consists of poor sources of thiamine (white 'polished' rice and white flour). It can also be caused by diets rich in thiaminase (a substance that breaks down thiamine). Thiaminase is found abundantly in some raw or fermented fish, ferns and insects consumed primarily in Africa and Asia. Thiamine deficiency is rare in Western countries but can occur in alcoholics, people with Crohn's disease, anorexia and those undergoing kidney dialysis.</p> <p>Daily intake: 1.0 milligram and women, 0.8 milligrams of thiamine</p>	<p>The best plant sources of thiamine include wholegrains , acorn squash, yeast extract (Marmite/Vegemite) and sesame seeds (including tahini, found in hummus), nuts (Brazil nuts) and pulses (beans, peas).</p> <p>If you eat wholemeal grains, you don't need to add nutritional yeast to your food.</p> <p>Magnesium is needed for the activation of thiamine in the body and other B vitamins may also be low in people with thiamine deficiency</p>
<p>B12</p>	<p>Extreme tiredness/ Lack of energy, pins and needles sensation muscle weakness, depression and cognitive problems such as impaired memory, understanding and judgement</p> <p>A lack of B12 can lead to a raised level of the amino acid homocysteine in the blood which has been linked to heart disease.</p> <p>If you are concerned, B12 levels can be checked by a doctor and any deficiency can be treated with supplements or a course of injections.</p> <p>Daily intake: 1.5 micrograms</p>	<p>REMEMBER TO TAKE SUPPLEMENT IF YOUR DIET LACKS B12, DO REGULAR BLOOD CHECK OR SIMPLY EAT ANIMAL SOURCE OF B12 ONCE OR TWICE A MONTH.</p> <p>The best plant sources of vitamin B12 include yeast extract (Marmite/Vegemite), nutritional yeast flakes with B12, B12-fortified plant-based milks, B12-fortified plant-based yoghurts and desserts, B12-fortified breakfast cereals and B12-fortified margarine. Make sure the ones you buy are fortified with B12 but remember to take a supplement too!</p>

<p>VITAMIN B2 RIBOFLAVIN</p>	<p>Fatigue, slowed growth, digestive problems, cracks and sores around the corners of the mouth, swelling of mucous membranes, swelling and soreness of the throat, eye fatigue and sensitivity to light.</p> <p>Daily intake: Men need around 1.3 milligram a day and women, 1.1 milligrams of vitamin B2 (riboflavin) per day.</p>	<p>The best plant sources of riboflavin include yeast extract (Marmite/Vegemite), quinoa, muesli, fortified vegan breakfast cereals, avocado, almonds, wild rice, mushrooms and mange-tout peas.</p>
<p>VITAMIN B3 (Niacin)</p>	<p>Skin lesions on skin exposed to sunlight and/or pressure, diarrhoea, in extreme cases also loss of mental capacity. The disease caused by severe niacin deficiency and characterised by these symptoms is called pellagra.</p> <p>Daily intake: Men need around 17 milligrams a day and women, around 13 milligrams of vitamin B3 (niacin) per day</p>	<p>The best plant sources of vitamin B3 (niacin) include quinoa, yeast extract (Marmite/Vegemite), wild rice, wholemeal spaghetti and acorn squash.</p>
<p>VITAMIN B5 (PANTOGENIC ACID)</p>	<p>Deficiency of vitamin B5 in humans is extremely rare. Signs of deficiency include feeling tired and dizzy, headaches, mood swings and digestive problems. Historically, pantothenic acid deficiency is implicated in the 'burning feet' syndrome experienced by severely malnourished prisoners of war.</p> <p>The name pantothenic acid derives from the Greek pantothen, meaning 'from everywhere' as small amounts of pantothenic acid are found in nearly every food.</p>	<p>The best plant sources of vitamin B5 include nutritional yeast, avocado, acorn squash, plantain, mushrooms(ALL EXCEPT SHITAKE), oranges, mange-tout peas, chestnut</p>

<p>VITAMIN B6</p>	<p>Deficiency is very rare but can include anaemia, scaling on the lips and mouth corners, swollen tongue, depression and confusion, weak immune system, problems digesting food and sleeping. Daily intake: Men need around 1.4 milligrams a day and women, around 1.2 milligrams of vitamin B6 (pyridoxine) per day.</p>	<p>The best plant sources of vitamin B6 include nutritional yeast, avocados, pistachio nuts, acorn squash, banana, quinoa, spring greens, oranges, tahini (sesame seed paste), sesame seeds, tomatoes and walnuts.</p>
<p>VITAMIN B7 BIOTIN</p>	<p>Hair loss, brittle nails, rashes or other skin problems, impaired sugar metabolism, depression and exhaustion. Symptoms of biotin deficiency in infants can include weak muscles, sluggishness and delayed development.</p>	<p>The best plant sources of biotin include nuts (walnuts), nutritional yeast, mushrooms, avocado, seeds (sesame), tahini (sesame seed paste), fortified breakfast cereals</p>
<p>VITAMIN D</p>	<p>Muscle weakness, bone tenderness or pain in the spine, shoulder, ribs or pelvis; vitamin D deficiency in children can lead to rickets – skeletal deformities, anaemia and susceptibility to respiratory infections.</p> <p>Daily intake: In spring and summer, most people in the UK get enough vitamin D through the action of sunlight on the skin, but in the winter months a supplement is required</p>	<p>SUN EXPOSURE IS THE BEST FORM OF VITAMIN D.</p> <p>The best plant sources include vitamin D-fortified plant-based milks and vitamin D mushrooms (exposed to sunlight for long enough so vitamin D production is triggered).</p> <p>Just like us, mushrooms make vitamin D when exposed to sunlight. Most mushrooms you buy don't have any vitamin D because they're grown in the dark but some suppliers have started exposing their mushrooms to UV light to produce 'vitamin D mushrooms'.</p> <p>Analysis shows that vitamin D mushrooms from one supermarket contained 4.07 to 9.37 micrograms of vitamin D per 100 grams. Another supermarket said that a 100 gram serving of their mushrooms contains at least 10 micrograms of vitamin D. 100 grams is equal to approximately: 14 button mushrooms, 4-5 chestnut mushrooms or 1-2 Portobello mushrooms.</p> <p>Vitamin D is found in fatty fish, liver and egg yolks – but only if the chickens have been fed vitamin D. However, all these foods contain cholesterol, saturated fat and other undesirable substances.</p>

<p>VITAMIN E</p>	<p>Muscle weakness, liver and kidney problems, cardiac arrhythmia, vision problems, night blindness, nervous system problems and reduced immune system function.</p> <p>Daily intake: 4 milligrams per day for men</p> <p>3 milligrams per day for women</p>	<p>The best plant sources of vitamin E are: Plant oils and spreads (Olive oil , sesame oil, avocado oil, grapeseed oil, margarines and spreads (in limited amounts as they clog up the arteries). Nuts and seeds, avocado, butternut squash, mango, kale and chickpeas.</p> <p>You can meet your daily needs with any one of the following: a tablespoon of seeds in your breakfast cereal (6.0 milligrams), a medium avocado (4.6 milligrams) in a salad with some olive oil (a tablespoon will give you 6.0 milligrams).</p>
<p>VITAMIN K</p>	<p>Reduced blood clotting which may lead to easy bruising and prolonged bleeding, increased bone fragility and infections.</p> <p>Vitamin K deficiency is very rare and usually only develops in people with severe liver or digestive tract diseases. People who take antibiotics for extended periods of time can experience a lack of vitamin K because antibiotics tend to kill the good gut bacteria that produce vitamin K2.</p> <p>Daily intake: Adults need one microgram a day of vitamin K for each kilogram of their body weight. So, someone who weighs 70 kilograms (around 11 stones) would need 70 micrograms a day of vitamin K, while a person who weighs 83 kilograms (around 13 stones) would need 83</p>	<p>Leafy green vegetables are by far the best source of vitamin K: spring greens, kale, watercress all contain substantial amounts. Herbs and other vegetables (parsley, lettuce, coriander, green beans, peas, runner beans, cress and leeks) provide an excellent source too. Plant oils are also a rich source of vitamin K.</p> <p>Meat, cereal and dairy products contain much lower amounts. Vitamin K is quite resilient and can withstand both cooking and freezing without huge losses.</p> <p>You should be able to get all the vitamin K you need by eating a varied and balanced diet. Any vitamin K your body doesn't need immediately is stored in the liver, so you don't need it in your diet every day.</p>

ZINC

Skin problems (eg acne, eczema and rashes) hair thinning, weak immune system, slow wound healing, tiredness, diarrhoea, loss of appetite, mental slowness and impaired vision.

Zinc is an important mineral necessary for making new cells and enzymes that enable vital reactions in the body. We also need it for processing carbohydrates, fats and protein from food, wound healing and it can help strengthen the immune system and make us better able to fight infection.

Zinc is also crucial to healthy vision and for male reproductive health as it increases sperm count and sperm motility.

Daily intake: 9.5 milligrams a day for men. 7.0 milligrams a day for women

The best plant sources of zinc include—quinoa, wholegrain rice, nuts, sesame seeds and tahini – sesame seed paste.

The concentration of zinc in plants varies based on levels of the element in soil. However, the average levels seem to be sufficient and it's perfectly achievable to have adequate zinc intake from plant foods only.

<p>VITAMIN C</p>	<p>Dry and splitting hair, gingivitis (inflammation of the gums) and bleeding gums, dry and scaly skin, slow wound-healing, easy bruising, nosebleeds, greater susceptibility to infection; a severe form of vitamin C deficiency is known as scurvy.</p> <p>Daily intake: 40 milligrams of vitamin C per day.</p>	<p>The best plant sources of vitamin C include blackcurrants, pepper (red and green), kale, papaya, spring greens, strawberries, mange-tout, cantaloupe melon, kiwi, grapefruit, mango, oranges, watercress, raspberries, tomatoes, Lime.</p> <p>Parsley is generally only used sparingly in foods but is a rich source of vitamin C (190 milligrams per 100 grams) so just a couple of sprigs can provide a great boost.</p> <p>Surprisingly, blueberries, apples, cucumber, grapes and lettuce all contain relatively low levels (six milligrams or less per 100 grams) compared to the above fruit and vegetables.</p> <p>Meat, fish, poultry, eggs and dairy products and grains are not considered good sources as they contain either very little or no vitamin.</p>

THE CONTENTS ON THESE PAGES ARE NOT MEANT TO DIAGNOSE AN ILLNESS BUT TO BE USED AS A FOOD GUIDE. PLEASE SEEK THE ADVICE OF A PROFESSIONAL ON ANY HEALTH ISSUES YOU MAY HAVE. THIS DOCUMENT WAS DESIGNED, EDITED AND ALTERED FOR PERSONAL USE.

ALSO NOTE THAT ,WE MAY EAT AS HEALTHY AS POSSIBLE BUT STRESS TRIGGERS & CAUSES A LOT OF DISEASES TOO. YOUR ENVIRONMENT, NUTRITION, EXERCISE, MINDFULNESS, ARE ALL INTERCONNECTED.