



DANDELION MIDWIFERY
MICHELE BUCHMANN BA RM
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Good Food Sources of Nutrients

Protein: Alfalfa sprouts (contains 150% more protein than other grains), whole grains, legumes, nuts, yoghurt, avocados, cheese, eggs, whole milk, cottage cheese, meats, fish, poultry, tofu

Iron: Dark leafy greens, comfrey leaf, raisins, dried fruit & apricots, blackstrap molasses, wheat germ, oats, kelp, seeds, eggs, fish, red meat, yellow dock, parsley, dandelions, nettles

Calcium: Dark leafy greens, sesame seeds, almonds, sunflower seeds, cheese, yoghurt, milk, soybeans, watercress, raw beet juice, molasses, whole grains, alfalfa, nettles, eggs, dried fruit, parsley, dried sea kelp powder, tofu, nettle tea

Vit C: Rose hips, citrus fruits, dark leafy green vegetables, green peppers, cabbage, broccoli, tomatoes, alfalfa sprouts, cantaloupe, strawberries, nettles

Vit D: Egg yolk, bone meal, sunflower seeds, fish liver oils (*see note below), tuna, salmon, nettles & sunshine

Vit E: Dark leafy green vegetables, wheat germ, eggs, sunflower seeds, nuts, molasses, sweet potatoes and yams

Vit B6: Green leafy vegetables, wheat germ, nutritional yeast, blackstrap molasses, prunes, nuts, cabbage, sunflower seeds

Vit B12: Meat, eggs, cheese, milk, soybeans, wheat germ oil, comfrey, fish, pickles, spirulina

Vit K: Alfalfa, nettles, kelp, shepherd's purse, egg yolk, safflower oil, cauliflower, kefir, leafy vegetables

Folic acid: Uncooked dark green leafy vegetables, nutritional yeast, mushrooms, milk, cheese, dates, dried beans (fava, kidney, pinto, romano, soy, white, chickpeas, lentils), cooked spinach, asparagus, romaine lettuce, fortified products including orange juice

Niacin: Legumes, nutritional yeast, milk products, rice bran, seeds, whole grains, lean meats, poultry

Riboflavin: Leafy greens, mushrooms, brown rice, blackstrap molasses, nutritional yeast

Thiamin: Brown rice, nutritional yeast, whole grains, blackstrap molasses, meat, fish, poultry

Phosphorus: Nuts, seeds, legumes, grains, eggs, yellow cheeses, fish, meat, tofu, poultry

Iodine: Kelp, dulse, leafy greens, iodized salt, sea salt

Magnesium: Honey, green leafy vegetables, nuts, dried beans

Zinc: Soybeans, spinach, sunflower seeds, nutritional yeast, comfrey, whole wheat, oysters, bran

* Always look for a Drug Identification Number (DIN) on fish oil & other supplements which indicates that Health Canada has deemed it safe from contaminants. Never exceed the dosage indicated & avoid fish oils high in Vitamin A.