Micro Nutrient	Example Food Sources
Water soluble vitamins (cannot be stored within the body, so need to be eaten every day)	
Vitamin B	Whole grains, nuts, legumes, seafood, organ meats
Vitamin C	Fresh fruit & veg
Fat soluble vitamins (can only be absorbed in the presence of fats)	
Vitamin A & D	Eggs, seafood, cod liver oil, liver, butter (from grass-fed cows)
Vitamin E	Dark green leafy veg, unrefined vegetable oils
Vitamin K	Dark green leafy veg, whole grains, liver, eggs
Minerals (extracted from the soil by plants and turned into a form we can digest)	
Calcium	Dairy produce, soft fish bones, green leafy veg
Chloride	Unprocessed sea salt, coconut flesh
Magnesium	Fish, nuts
Phosphorus	Whole grains, nuts, legumes
Potassium	Dark green leafy veg, bananas, avocados
Sodium	Unprocessed sea salt, meat broths
Sulfur	Cruciferous veg

Example Shopping List

- Whole grain oats, quinoa, buckwheat, wholegrain rice, whole grain fresh bread
- Cashews, hazelnuts, almonds
- Peanuts or peanut butter, lentils, peas, kidney beans
- Apples, avocados, bananas, berries, grapes, limes, oranges
- Beetroot, carrots, celery, courgettes, cucumber, green beans, peppers, tomatoes, sweet potatoes
- Spinach, chard, dark green lettuce, watercress
- Kale, cabbage, broccoli, cauliflower
- Free-range eggs
- Organic butter, milk and cheese
- Natural yoghurt
- King prawns
- Sprats, sardines, anchovies
- Mackerel, salmon, white fish
- Free range chicken for meat and stock
- Liver, kidneys
- Unprocessed sea salt
- Cod liver oil
- Unrefined olive oil and coconut oil