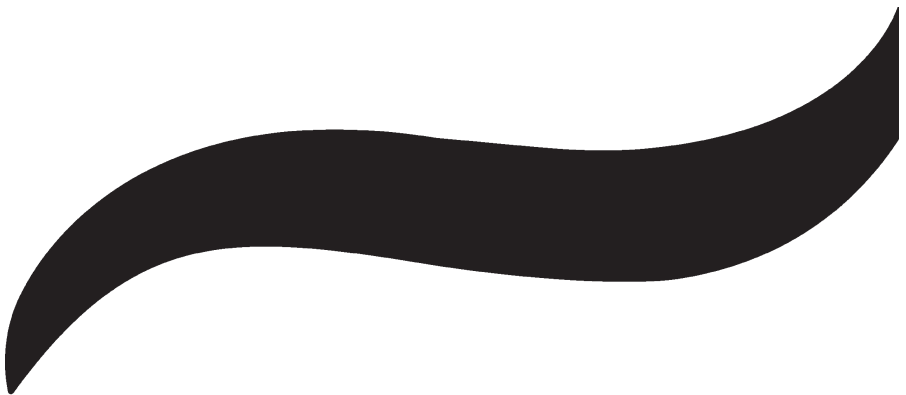




Food sources of Vitamins and Minerals

Information for patients



FOOD SOURCES OF VITAMINS AND MINERALS

A healthy, varied and balanced diet gives us the vitamins and minerals needed for health.

If your child's diet is limited, it makes it more difficult to make sure they get all their vitamins and minerals. For example, some children may only choose to eat food of one texture, or one colour.

This leaflet gives some ideas of food with different vitamins and minerals which can help you in choosing foods to meet your child's vitamin and mineral needs.

Food sources alone are not able to give us the amount of vitamin D we need.

Please be aware, free vitamin D supplements are available in Lanarkshire for:

- ❖ All pregnant women
- ❖ Breast feeding mums
- ❖ All mums in the 1 year post natal period
- ❖ All children up to the age of 3 years (please note these are not required if a baby is taking more than 500mls of formula milk).

You can pick these up from many distribution points throughout Lanarkshire including Health centre receptions. Please ask your health visitor or midwife for more information.



Vitamin/mineral	Where to find
A	<ul style="list-style-type: none"> ❖ Milk and dairy products ❖ Eggs ❖ Oily fish ❖ Liver ❖ Yellow, red & green vegetables ❖ Yellow fruit (mango)
B1(Thiamine)	<ul style="list-style-type: none"> ❖ Peas ❖ Fresh & dried fruit ❖ Eggs ❖ Wholegrain bread ❖ Fortified breakfast cereal ❖ Liver
B2 (Riboflavin)	<ul style="list-style-type: none"> ❖ Milk and dairy products ❖ Eggs ❖ Fortified breakfast cereals ❖ Brown rice
B3 (Niacin)	<ul style="list-style-type: none"> ❖ Meat ❖ Fish ❖ Wheat flour ❖ Eggs ❖ Milk and dairy products
Pantothenic acid (B5)	<ul style="list-style-type: none"> ❖ Chicken ❖ Beef ❖ Potatoes ❖ Porridge ❖ Tomatoes ❖ Kidney ❖ Eggs ❖ Broccoli ❖ Wholegrains

Vitamin/mineral	Where to find
B6 (Pyridoxine)	<ul style="list-style-type: none"> ❖ Pork ❖ Chicken ❖ Fish ❖ Bread ❖ Eggs ❖ Vegetables ❖ Soya beans ❖ Milk and dairy products ❖ Potatoes
Biotin (B7)	<ul style="list-style-type: none"> ❖ Egg yolk ❖ Nuts ❖ Fortified breakfast cereals ❖ Bread ❖ Soybeans ❖ Liver ❖ Kidney
B12	<ul style="list-style-type: none"> ❖ Meat ❖ Salmon ❖ Cod ❖ Milk and dairy products ❖ Cheese ❖ Eggs ❖ Fortified breakfast cereals
C	<ul style="list-style-type: none"> ❖ Oranges and orange juice ❖ Red & green peppers ❖ Strawberries ❖ Blackcurrants ❖ Green leafy vegetables e.g. kale/ spinach/cabbage/broccoli ❖ Brussel sprouts ❖ Potatoes

Vitamin/mineral	Where to find
D	<ul style="list-style-type: none"> ❖ Sunlight ❖ Oily fish ❖ Egg yolk ❖ Meats ❖ Fortified spreads
E	<ul style="list-style-type: none"> ❖ Plant oils - such as soya, corn & olive oil ❖ Nuts and seeds ❖ Fortified breakfast cereals
K	<ul style="list-style-type: none"> ❖ Green leafy vegetables e.g. kale/ spinach/cabbage/broccoli ❖ Vegetable oils ❖ Fortified breakfast cereals
Iron	<ul style="list-style-type: none"> ❖ All meat ❖ Fish ❖ Egg yolk ❖ Beans & lentils ❖ Fortified breakfast cereals ❖ Nuts, nut butters & seeds ❖ Dried fruit ❖ Green leafy vegetables e.g. kale/ spinach/cabbage/broccoli
Magnesium	<ul style="list-style-type: none"> ❖ Green leafy vegetables e.g. kale/ spinach/cabbage/broccoli ❖ Nuts ❖ Brown rice ❖ Bread (especially wholegrain) ❖ Fish ❖ Meat ❖ Milk and dairy products

Vitamin/mineral	Where to find
Calcium	<ul style="list-style-type: none"> ❖ Milk and dairy products ❖ Calcium enriched milk alternatives ❖ Sardines ❖ Fortified bread & cereal ❖ Green leafy vegetables e.g. kale/spinach/cabbage/broccoli
Folic Acid	<ul style="list-style-type: none"> ❖ Green leafy vegetables e.g. kale/spinach/cabbage/broccoli ❖ Beans ❖ Oranges ❖ Wholegrain foods such as wholemeal bread and whole oats ❖ Chicken ❖ Fortified breakfast cereal
Iodine	<ul style="list-style-type: none"> ❖ Fish ❖ Shellfish ❖ Milk and dairy products
Chromium	<ul style="list-style-type: none"> ❖ Meat ❖ Whole grains - such as wholemeal bread and whole oats ❖ Lentils ❖ Green leafy vegetables e.g. kale/spinach/cabbage/broccoli ❖ Potatoes ❖ Spices
Copper	<ul style="list-style-type: none"> ❖ Nuts ❖ Shellfish ❖ Offal
Manganese	<ul style="list-style-type: none"> ❖ Bread ❖ Nuts ❖ Fortified breakfast cereals ❖ Peas & runner beans

Vitamin/mineral	Where to find
Molybdenum	<ul style="list-style-type: none"> ❖ Nuts ❖ Tinned vegetables ❖ Cereals - such as oats ❖ Peas ❖ Green leafy vegetables e.g. kale/ spinach/cabbage/broccoli ❖ Cauliflower
Phosphorus	<ul style="list-style-type: none"> ❖ Red meat ❖ Milk and dairy products ❖ Fish ❖ Chicken ❖ Bread ❖ Brown rice ❖ Oats
Potassium	<ul style="list-style-type: none"> ❖ Fruit - such as bananas ❖ some vegetables - such as broccoli, parsnips & brussels sprouts ❖ Pulses ❖ Nuts & seeds ❖ Fish ❖ Shellfish ❖ Beef ❖ Chicken ❖ Turkey
Selenium	<ul style="list-style-type: none"> ❖ Brazil nuts ❖ Fish ❖ Meat ❖ Eggs
Zinc	<ul style="list-style-type: none"> ❖ Meat ❖ Shellfish ❖ Milk and dairy products ❖ Bread ❖ Fortified breakfast cereals

If your child does not manage to include some of the suggested foods, they may benefit from a shop bought children's multivitamin containing the vitamin or mineral they are lacking.

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