

Energy Nutrients

Fat

Monounsaturated

Olive Oil
Peanut oil
avocado
Olives
Peanuts
Eggs
Chicken
Seafood
Nuts

Saturated

Coconut Oil
Full cream Dairy products
Animal fat
Palm Kernel

Omega 3's

Fish Oils
Flax Seed Oil
Hempseed Oil
Walnuts
Walnut Oil
Mackerel
Tuna
Salmon
Herring
Sea Mullet
Red fish
Flounder
Treavally
Tailor
Sydney Rock Oyster
Blue Mussel
Rainbow Trout
Whiting

Omega 6's

Swordfish
Salmon
Silver Perch
Mackerel
Gem fish
Herring
Brown Trout
Tuna
Sea Mullet
Red fish
Flounder
Treavally
Tailor
Sydney Rock Oyster
Blue Mussel
Rainbow Trout
Whiting
Sesame Oil
Avocado
Pumpkin Seeds
Walnuts

Protein

Animal Protein

Beef
Lamb
Turkey
Mutton
Pork
Chicken
Veal
All fish
Eggs
Milk
Yoghurt
Cheese
Cream

Vegetable Protein

Legumes:	Nuts:	Seeds:
Alfalfa	Almonds	Safflower seed
Fava (Broad) beans	Beechnut	Sesame seed
Chickpeas	Brazil nut	Squash seed
Common beans	Cashew nut	Sunflower seed
Black beans	Chestnut	
Cranberry beans	Ginko nut	
Kidney beans	Hazelnut	
Pinto beans	Lotus seed	
White beans	Macadamia nut	
Dolichos beans	Pecan nut	
Adzuki beans	Pistachio nut	
Black-eyed peas	Walnut	
Mung bean		
Lentil		
Lima beans		
Peanuts		
Peas		
Soybeans		

Carbohydrate

Vegetables

Artichoke	Mushrooms
Asparagus	Mustard greens
Bamboo shoots	Okra/Onion
Beans	Parsnip
Bean sprouts	Peas
Beetroot	Potato
Bok Choy	Pumpkin
Broccoli	Radicchio
Broccolini	Radish
Brussel sprouts	Rocket
Cabbage	Shallot
Capsicum	Silverbeet
Carrot	Snow peas
Cassava	Spaghetti Squash
Cauliflower	Spinach
Celeriac	Spring onion
Celery	Squash
Chicory	Swede
Chinese spinach	Sweet corn
Chives	Sweet potato
Choko	Sword beans
Cress	Taro
Cucumber	Tomato
Eggplant	Turnip
Endive	Vine leaves
Fennel	Water chestnut
Garlic	Watercress
Kale	White radish
Koa	Wombok
Kumera	Yam
Leek	Zucchini
Lettuce	
Lotus root	

Fruit

Apple	Mandarin
Apricot	Mango
Avocado	Mangosteen
Banana	Melons
Banana passionfruit	Morello
Barberry	Mulberry
Bell apple	Muck melon
Bergamot	Nashi fruit
Bilberry	Nectarine
Blackberry	Olive
Blackcurrant	Orange
Blood orange	Passionfruit
Blueberry	Pawpaw
Boysenberry	Peach
Breadfruit	Pear
Bush fruits	Pepino
Cape gooseberry	Persimmon
Cherry	Pineapple
Crab apple	Plantain
Cranberry	Plum
Cumquat	Pomegranate
Currant	Prickly pear
Custard apple	Prune
Date	Quandong
Dragon fruit	Quince
Elderberry	Raisin
Elephant's apple	Raspberry
Fig	Redcurrant
Gooseberry	Rhubarb
Grape	Rockmelon
Grapefruit	Rosehip
Guava	Rosella
Honeydew melon	Satsuma
Huckleberry	Star apple
Jackfruit	Strawberry
Kaffir lime	Tamarillo
Kiwifruit	Tamarind
Lemon	Tangelo
Lilli pilli	Tangerine
Lime	Tomatillo
Loganberry	Watermelon
Lychee	

Grains

Amaranth	Quinoa
Barley	Rice
Buckwheat	Rye
Bulgur	Sorghum
Corn	Triticale
Flax	Wheat
Millet	Wild rice
Oats	

Grain products

Bagels	Sourdough
Flat bread	Cereals
French bread	Flour
Pumpernickel	Pasta
Rye bread	Asian noodles

Iron

Red meat
Liver
Kidney
Almonds
Cashews
Hazelnut
Pecans
Pine nuts
Sunflower seeds
Pumpkin seeds
Sesame seeds
Tahini
Lentils
Eggs

Oysters
Mussels
Parsley
Cocoa powder
Avocado
Coriander
Watercress
Spinach
Silverbeet
Chicory
Chilli
Basil
Tomato-sundried

Soy flour
Miso
Tempeh
Tofu
Molasses
Green leafy vegetables
Tomato paste
Dhal
Dried apricots
Prune juice
Baked beans
Jerusalem artichoke
Sardines

CoQ10

Meat
Fish
Boiled broccoli
Cauliflower
Nuts
Spinach
Soy

B Vitamins

B1- Thiamine

Rice bran
Wheatgerm
Brewers yeast
Oat bran
Pork
Wholegrains
Sunflower seeds
Pine nuts
Soy milk
Sesame seeds
Raw peanuts
Pistachio nuts
Buckwheat
Wheat bran
Rolled oats
Whey powder
Lima beans
Pinto beans
Mung beans
Peas
Egg yolk
Brazil nuts
Lentils
Broad beans
Spirulina

B2- Riboflavin

Liver
Beef
Fortified cereals
Poultry
Wild rice
Dairy
Soy milk
Brewers yeast
Whey powder
Fresh wheatgerm
Almonds
Mushrooms
Egg yolk
Swiss Cheese
Cheddar Cheese
Millet
Soy beans
Parsely
Cashew nuts
Rice bran
Lentils
Sesame seeds
Sunflower seeds
Rye
Broccoli
Mung beans
Avocados
Asparagus
Dark leafy greens

B3- Niacin

Liver
Red meat
Salmon
Tuna
Chicken
Halibut
Wheatgerm
Peanuts
Legumes
Brewers yeast
Beef
Organ meats
White fish
Mackerel
Sardines
Veal
Mushrooms
Brown rice
Bulgar wheat
Sesame seeds
Sunflower seeds
Buckwheat
Dried peaches

B5- Pantothenic Acid

Peanuts
Liver
Kidney
Avocado
Hazelnuts
Mushrooms
Sunflower seeds
Beans
Brains
Blue vein cheese
Egg yolk
Green vegetables
Heart
Lentils
Lobster
Milk
Oranges
Peas
Sweet potato
Royal jelly
Wholegrains
Brewers yeast

B6- Pyroxidine

Avocado
Banana
Brewers yeast
Carrot
Chicken
Egg yolk
Ham
Legumes
Lentils
Mackerel
Oatmeal
Offal
Peanuts
Salmon
Tuna
Sunflower seeds
Walnuts
Muesli
Peas
Beef
Kidney
Kidney beans
Kale
Spinach
Turnip greens
Red capsicum
Potato
Brussel sprouts
Sweet potato
Cauliflower
Leek

B9- Folic Acid/Folate

Liver
Wheatgerm
Asparagus
Lettuce
Dark leafy greens
Lentils
Legumes
Orange juice
Broccoli
Nuts

B12- Methylobobolamin

Brain
Egg yolk
Clams
Herring
Kidney
Liver
Liverwurst
Meat
Milk
Oysters
Salmon
Sardines
Swiss cheese
Molasses
Poultry
Crustaceans
Fish
Dairy
Soy milk



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