Vitamins

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***A*** | ***C*** | ***D*** | ***E*** | ***K*** | ***Thiamin*** | ***Riboflavin*** | ***Niacin*** | ***B6*** | ***B12*** | ***Pantothenic*** |
| Romaine 545% | Red pepper 317% | Sardine(t) 107% | T. Sauce 17% | Kale 1328% | Wheat Fl (36%) | Egg (57%) | Salmon (78%) | Sunflower (54%) | Sardines (o) (222%) | Sunflower (95%) |
| Kale 354% | Romaine 250% | Sardine(o) 101% | Sardine(o) 15% | Romaine 802% | Romaine (30%) | Salmon (44%) | Sardines (o) (39%) | Salmon (73%) | Sardines (t) (133%) | Salmon (30%) |
| Red Pepper 93% | Strawberries 149% | Milk 25% | Egg 12% | Scallions 259% | Navy Beans (29%) | Portabella (34%) | Wheat Fl (38%) | G. Raisins (27%) | Salmon (78%) | Cooked Mush (34%) |
| Spinach 56% | Pineapple 141% | Eggs 19% | Pepper 12% | Spinach 181% | Sunflower (29%) | Yogurt (29%) | Portabella (36%) | Pineapple (26%) | Swiss (73%) | Egg (22%) |
| Carrot 41% | Broccoli 135% | Swiss 15% | Mango 9% | Broccoli 116% | Black Beans (28%) | Cooked Mush (29%) | Cooked Mush (35%) | Romaine (23%) | Parmesan (38%) | Portobella (19%) |
| Zucchini 40% | Kale 89% |  | Pinto beans 8% | Pickles 54% | Salmon (28%) | Parmesan (29%) | Sunflower (28%) | Pepper (22%) | Egg (28%) | Yogurt (14%) |
| Papaya 31% | Mango 76% |  | Canned Tom 8% | Blueberries 36% | Pineapple (27%) | Milk (26%) | Sardines (t) (19%) | Cod (21%) | V. Burger (23%) | Lentils (13%) |
| Tomato 25% | Saut. pepper 76% |  |  | Fig 29% | Peas (25%) | Romaine (25%) | Br. Rice (15%) | W. Flour (20%) | Milk (22%) | Peas (12%) |
| Mango 25% | Canned Tom 37% |  |  | Saut.Onion 23% | Pinto beans (22%) | Swiss (23%) | V. Burger (13%) | Pinto (20%) | Yogurt (22%) | Wheat Fl (12%) |
| Egg 23% | Tomato 32% |  |  | Tomato 15% | Lentils (22%) | Sunflower (22%) | Pineapple (12%) | Lentils (18%) | Cod (16%) | Sardines (10%) |
| Swiss 22% | Scallions 31% |  |  | Peas 12% | Pita (14%) | Sardines (o) (20%) | Tom Sauce (12%) | Br. Rice ( 1%) |  | Romaine (9%) |
| Tom. Sauce 21% | T. Sauce 29% |  |  | Cashews 12% | Brown Rice (12%) | Golden raisins (19%) | Cod (11%) | Raisins (14%) |  | Pineapple (9%) |
| Scallions 20% | Blueberries 24% |  |  | Cucumber 11% | Raisins (12%) | Pineapple (17%) | Wild Rice (11%) | Navy (13%) |  | Tom Sauce (8%) |
| Watermelon 18% | Watermelon 21% |  |  | Eggs 11% | Pasta (10%) | Wheat Fl (15%) | Romaine (10%) | Canned Tom (13%) |  | Lentils (13%) |
| Pepper saut. 15% | Onions 20% |  |  | Pineapple 9% | Rye (9%) | Raisins (12%) | Golden Raisins (9%) | Egg (13%) |  | Peas (12%) |
| Broccoli 11% | Peach 19% |  |  | Pepper 9% | Egg (8%) | Sardine (t) (12%) | Lentils (10%) | Tom Sauce (12%) |  |  |
| Peach 11% | Cherries 16% |  |  | Mango 9% |  | V. Burger (10%) | Peas (9%) | Mango (11%) |  |  |
| Milk 10% | Spinach 14% |  |  | Zucchini 9% |  | Tom Sauce (10%) | Pita (9%) | W. Rice (11%) |  |  |
| Pineapple 10% | Zucchini 14% |  |  | Canned Tom 9% |  | Canned Tom (8%) | Couscous (8%) | V. Burger (11%) |  |  |
| Parmesan 9% | Pears 10% |  |  | Pear 8% |  | W. Rice (8%) |  | Onions (10%) |  |  |
|  | Apple 10% |  |  |  |  |  |  | Sauted On. (9%) |  |  |
|  | Cooked Mush. 10% |  |  |  |  |  |  | Kale (9%) |  |  |
|  |  |  |  |  |  |  |  | Brocolli (8%) |  |  |
|  |  |  |  |  |  |  |  | Pita (8%) |  |  |