

## Ketogenic Diet Resource: Food Nutrient Tables

The following tables are included to give you an idea of what foods are nutrient dense in the event that you prefer not to take supplements.

Food Sources of Vitamins and Minerals per 100 gram serving					
Vitamin A (mcg)		Vitamin C (mg)		Vitamin D (mcg)	
Cod liver oil	30004	Bell peppers, green	177	Cod liver oil	250
Beef, liver	9442	Kale, scotch	130	Fish, herring	40.7
Chicken, liver	4295	Broccoli	93	Fish, salmon	19.1
Carrots, cooked	852	Cauliflower	88	Fish, sardine	12
Fish, tuna	757	Brussels sprouts	85	Cream, heavy	1.3
Butter	684	Cabbage, red	57	Cheese, Swiss	1.1
Kale, cooked	681	Kohlrabi	54	Egg, whole	0.9
Spinach, cooked	524	Collards	35	Cheese, edam	0.9
Collards, cooked	406	Garlic	31	Beef kidney	0.8
Cheese, cream	362	Chicken, liver	28	Mushrooms, white	0.5

Thiamine (mg)	
Nuts, pine	1
Nuts, hazelnuts	1
Nuts, macadamia	1
Nuts, pistachio	1
Nuts, pecans	1
Pork, all cuts	1
Fish, pompano	1
Fish, tuna	1
Duck liver	1
Goose liver	1

Riboflavin (mg)	
Seaweed, dried	4
Turkey liver	3
Beef liver	3
Beef kidney	3
Chicken, liver	2
Mushroom, shitaki	1
Nuts, Almonds	1
Fish, mackerel	1
Cheese, feta	1
Egg, whole	1

Niacin (mg)	
Chicken breast	15
Seaweed, dried	14
Fish, tuna	13
Pork bacon	12
Fish, salmon	10
Fish, trout	9
Beef, all cuts	9
Turkey breast	9
Pork loin	9
Sunflower seeds	7

Choline (mg)	
Beef, kidney	513
Beef, liver	426
Chicken, liver	327
Egg, whole	273
Mushrooms, shiitake, dried	202
Beef, most cuts	138
Fish, most types	95
Turkey, all cuts	83
Crustaceans	81
Nuts, pistachio	71

Betaine (mg)	
Spinach	577
Fish, tilapia	45
Sunflower seeds	35
Chicken breast	30
Beef, most cuts	18
Lamb, most cuts	17
Mushroom, portabella	11
Fish, cod	10
Fish, salmon	9
Pork, most cuts	7

Vitamin B12 (mcg)	
Clams	99
Beef, liver	83
Turkey, liver	58
Oyster	35
Fish, mackerel	18
Fish, sardine	9
Fish, trout	8
Fish, salmon	6
Egg, whole	5
Beef, most cuts	5

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Pantothenic Acid (mg)		Vitamin B6 (mg)		Vitamin E (mg)	
Sunflower seeds	7	Nuts, pistachio	2.00	Nuts, almonds	26
Beef, liver	7	Nuts, hazelnuts	1.00	Nuts, brazil	6
Mushrooms	2	Nuts, walnuts	1.00	Fish, salmon	4
Egg, whole	2	Garlic	1.00	Turnip greens	3
Fish, salmon, trout, cod	2	Fish, salmon	1.00	Avocados, Florida	3
Cauliflower	1	Fish, tuna	1.00	Pecans	3
Avocados	1	Poultry, all types & cuts	1.00	Fish, cod	3
Nuts, hazelnuts	1	Beef, all cuts	1.00	Collard greens	2
Fish, others	1	Pork, all cuts	1.00	Olives, ripe	2
Chicken breast	1			Blackberries	1

Vitamin K (mcg)	
Swiss chard	830
Kale	817
Spinach	541
Collards	511
Broccoli raab	256
Brussels sprouts	177
Lettuce	174
Onions, green	167
Broccoli	141
Cabbage	109

Folate, food (mcg)	
Sunflower seeds	238
Turnip greens	194
Spinach	194
Collards	166
Asparagus	149
Broccoli	108
Nuts, walnuts	98
Avocados	89
Egg, whole	51
Blackberries	34

Calcium (mg)	
Cheese, cheddar	905
Fish, sardine	382
Nuts, almonds	291
Fish, salmon	277
Collard greens	210
Kale, scotch	205
Nuts, brazil	160
Spinach, cooked	136
Cream, sour	110
Nuts, macadamia	85

Copper (mg)	
Beef Liver	15
Oysters	8
Goose liver	8
Sunflower seeds	2
Nuts, brazil	2
Nuts, hazel	2
Nuts, walnuts	2
Lobster	2
Mushrooms	1
Cheese, goat	1

Iron (mg)	
Duck liver	31
Pepitas	15
Sesame seeds	15
Clam, Oyster	13
Sunflower seeds	7
Nuts, Pine	6
Beef liver	6
Nuts, hazelnuts	5
Nuts, almonds	5
Egg, whole	2

Phosphorus (mg)	
Pepitas	1174
Fish, cod	950
Nuts, brazil	725
Nuts, pine	575
Cheese	550
Turkey bacon	460
Fish, salmon	365
Beef, many cuts	325
Pork, uncured	320
Egg, whole	208

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Magnesium (mg)		Manganese (mg)		Potassium (mg)	
Pepitas	535	Nuts, hazelnuts	13	Nuts, pistachio	1049
Nuts, brazil	376	Nuts, pine	9	Pepitas	919
Nuts, almonds	286	Nuts, macadamia	4	Nuts, almonds	705
Fish, cod	133	Pepitas	3	Fish, salmon	628
Fish, salmon	122	Okra	1	Spinach	558
Grape leaves	95	Spinach	1	Swiss chard	549
Kale	88	Kale	1	Mushroom, portabella	521
Spinach	87	Collards	1	Beef	480
Swiss chard	86	Berries, all	1	Zucchini squash	459
Okra	57	Fish	1	Kale	450

Selenium (mcg)	
Nuts, brazil	1917
Beef kidney	168
Turkey, skin	153
Fish, cod	148
Fish, orange roughy	88
Fish, tuna	80
Sunflower seeds	79
Pork, bacon	65
Beef	43
Egg, whole	34

Zinc (mg)	
Oyster	182
Pepitas	10
Crab	8
Beef	7
Sunflower seeds	5
Pork	5
Nuts, pecans	5
Turkey	4
Cheese, Swiss	4
Cheese, cheddar	4