

Nutrients The Body Needs To Remain Balanced Food Sources:

Carbohydrates

Monosaccharides:

Milk products
Fruits/vegetables
Honey
Table sugar
High-fructose corn syrup

Disaccharides:

Processed Fruit Juices
Refined sugars
White rice
White flour
Breakfast cereals
Candy
Milk products

Polysaccharides

Whole grains
Potatoes
Vegetables
Brown Rice

Fats

Omega 3 Fats:

Flaxseed oil
Cod liver oil
Flax seed
Chia seed
Salmon
Mackerel
sardines

Omega 6 Fats:

Sunflower oil
Safflower oil
Corn oil
Cottonseed oil
Soybean oil
Eggs
Meat
Fish

Omega 9 (Oleic Acid)

Olive oil
Coconut oil
Cod liver oil
Avocados

Protein

Essential Amino Acids

*Animal products contain all essential amino acids

Tryptophan

Almonds
Pumpkin seeds
Sunflower seeds
Amaranth
Buckwheat
Legumes
Turkey
Sesame seeds

Threonine

Sunflower seeds
Pumpkin seeds
Legumes
Quinoa
Whole wheat
Cashews
Almonds
walnuts

Isoleucine

Sunflower seeds
Pumpkin seeds
Cashews
Almonds
Cornmeal
Legumes
Buckwheat
Amaranth

Leucine

Walnuts
Almonds
Pumpkin seeds
Rye
Tempeh
Brazil nuts
Miso
Pine nuts

Lysine

Tempeh
Pistachio
Pumpkin seeds
Quinoa
White beans
Whole wheat
Lentils
peanuts

Methionine

Brazil nuts
Pine nuts
Sesame seeds
Sunflower seeds
Rye
Walnuts

Phenylalanine

Almonds
Peanuts
Pistachios
Pumpkin seeds
Rye
Sesame seeds
Sunflower seeds
Walnuts

Valine

Almonds
Pumpkin seeds
Pine nuts
Pistachios
Walnuts
Lima beans
amaranth

Arginine

Pine nuts
Pistachios
Pumpkin seeds
Split peas
Walnuts
Tempeh
Chick peas

Histidine

Almonds
Pumpkin seeds
Sunflower seeds
Walnuts
Pistachios
Quino
Amaranth

Additional Sources of Protein

Sun butter
Peanut butter
Cashew butter
Almond butter
Hummus

Tuna fish
Organic egg
Quinoa
Hemp seeds
Basmati rice