

Natural Vitamins

Farmers know it. Foodies know it. But not enough people know that although it is easy to buy vitamin supplements to help overcome any deficiencies, for the majority it is better to obtain the recommended daily allowance of vitamins from natural vitamin sources.

Many people do not have enough natural vitamin sources in their diet and therefore often suffer from a deficiency of one or more needed vitamins. You've heard this before: the key to gaining the correct amount of vitamins from natural vitamin sources is to eat a healthy and balanced diet.

Some chosen diets, such as vegetarian, provide a limited number of natural vitamin supplements and therefore a supplement may be the best option. But for most diets, food can provide all you need!

It is important to be knowledgeable about the different types of vitamins and their best natural vitamin sources so that you can incorporate as many of these as possible into your regular diet. Water soluble vitamins cannot be stored in the body and therefore need to be replenished on a daily basis. Thus it is natural vitamin sources for these vitamins that are the most essential to learn. Here are some common food sources for vitamins:

- Natural vitamin C sources include citrus, cabbage family, berries, chili peppers, melons, asparagus, rose hips
- Natural vitamin B12 sources include organ meats, pork, fish, eggs, cheese, milk, bananas, lamb, kelp, peanuts (How about a peanut butter and banana sandwich!)
- Natural vitamin B17 sources include whole kernels of apricots, peaches, apples, cherries, plums
- Natural vitamin B15 sources include brewer's yeast, brown rice, rare steaks, sunflower, pumpkin & sesame seeds
- Natural vitamin B13 sources include root vegetables, whey in liquid form
- Natural vitamin B2 sources include brewer's yeast, organ meats, whole grains, nuts, legumes, blackstrap molasses
- Natural vitamin B9 sources include dark-green leafy vegetables, root vegetables, organ meats, salmon, oysters, milk
- Natural vitamin B8 sources include whole grains, vegetables, citrus fruits, molasses, nuts, meat, brewer's yeast, milk
- Natural vitamin B7 sources include liver, unpolished rice, brewer's yeast, legumes, sardines, whole grains, egg yolks
- Natural vitamin B6 sources include wheat germ, meats, whole grains, organ meats, blackstrap molasses, brewer's yeast
- Natural vitamin B1 sources include brown rice, brewer's yeast, whole grains, organ meats, blackstrap molasses, egg yolk
- Natural vitamin B3 sources include peanuts, lean meats, poultry & fish, brewer's yeast, potatoes, milk, rice bran
- Natural vitamin B5 sources include salmon, organ meats, egg yolks, legumes, wheat germ, brewer's yeast, whole grains
- Natural vitamin B4 sources include legumes, egg yolks, organ meats, wheat germ, brewer's yeast, soybeans, fish.

Remember, supplements in pill form are not bad, it is just that natural sources are even better! And why not take the opportunity to explore new foods and food combinations # you never know what you will fall in love with.