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Where Do You Get Your?

As a vegan for years, the question of where do you get your protein or your calcium or your whatever always comes up. So, where is it acquired? Read on.

PROTEIN

Nuts, seeds, beans, lentils, whole grains (brown rice, quinoa, bulgur, barley, etc), meat, chicken and fish substitutes, artichokes, asparagus, beets, bell peppers, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chard, collards, corn, cucumber, eggplant, kale, leeks, lettuce, okra, onions, parsnips, potatoes, radishes, string beans, sweet potatoes, squash, tomatoes, turnip, and all vegetables not listed, apples, apricots, avocado, banana, berries, cantalope, cherries, dates, figs, grapes, grapefruit, guava, kiwi, lemon, limes, mango, melons, nectarines, oranges, papayas, peaches, pears, persimmons, pineapples, tangerines, all the fruits not listed, tofu.

BETA CAROTENE

Sweet potato, carrots, butternut squash, red peppers, tomatoes, pumpkin, spinach, collards, cantalope, apricots, peaches, broccoli.

COENZYME Q10

Peanuts, sesame seeds, pistachio nuts, broccoli, cauliflower, spinach.

VITAMIN C

Berries, sweet red peppers, bell peppers, parsley, broccoli, cauliflower, berries, lemons, romaine lettuce, Brussels sprouts, papaya, kale, turnip greens, kiwifruit, oranges, tomatoes, grapefruit, asparagus, celery, pineapple, watermelon, squash, carrots, garlic, apricots, sweet potatoes, onions, potatoes.

VITAMIN D

Sunshine, fortified cereals.

GLUTATHIONE

Greens, chlorella, asparagus, broccoli, cabbage, Brussels sprouts, cauliflower, kale, watermelon, avocado, walnuts, grapefruit, oranges, cantalope, acorn squash peaches, zucchini, spinach.

THIAMINE (Vitamin B1)

Romaine lettuce, asparagus, spinach, sunflower seeds, celery, green peas, tomatoes, eggplant, Brussels sprouts, mustard greens, cabbage, watermelon, carrots, squash, broccoli, corn, kale, oats, oranges, split peas, peanuts, lentils, whole wheat.

RIBOFLAVIN (Vitamin B2)

Crimini mushrooms, spinach, asparagus, Swiss chard, mustard greens, broccoli, collard greens, turnip greens, green beans, cabbage, strawberries, cauliflower, raspberries, Brussels sprouts, summer squash, tempeh, plums, soybeans, almonds.

NIACIN (Vitamin B3)

Corn grits, nuts, peanut butter, enriched cereals.

PYRIDOXINE (Vitamin B6)

Spinich, bell peppers, turnip greens, garlic, cauliflower, mustard greens, beans, bananas, celery, cabbage, asparagus, broccoli, tumeric, kale, collard greens, Brusels sprouts, watermelon, Swiss chard, nuts.

BIOTIN (Vitamin B7)

Peanuts, filberts, almonds, soy beans, cauliflower, brewer's yeast, wheat germ, cxashews, sweet potatoes, spinach, Swiss chard, legumes, tomatoes, avacado, bananas.

FOLATE (Vitamin B9)

Romaine lettuce, spinach, asparagus, greens, broccoli, cauliflower, beets, legumes, beans, squash, cucumbers, papaya, strawberries, flaxseed.

METHYLCOBALAMIN (Vitamin B12)

Organic sulfur crystals.

MAGNESIUM

Swiss chard, spinach, kelp, tofu, legumes, chocolate, potatoes (baked), oatmeal, squash, seeds, ginger, quinoa, buckwheat, tomatoes, beets, brussels sprouts, scallops, asparagus, crimini mushrooms, tempeh, brown rice lima beans.

SELENIUM

Nuts, soybeans, corn, wheat, brown rice, oatmeal, and vegetables. Also, Brazil nuts are very concentrated in selenium so go lightly.

POTASSIUM

Swiss chard, figs, currents, seeds, crimini mushrooms, spinach, romaine lettuce, celery, greens, broccoli, fennel, squash, blackstrap molasses, eggplant, kale, Brussels sprouts, tumeric, beets, asparagus, cauliflower, apricots, potatoes, raisins, ginger, yams, kiwifruit, chili pepper, azuki beans, cabbage, bananas, oranges, avocados, watermelon, kidney beans, prunes.

IRON

Swiss chard, spinach, thyme, tumeric, dill weed, cimmamon, parsley, rosemary, blackstrap molasses, greens, string beans, shitake mushrooms, asparagus, garbanzo beans, leeks, tofu, olives, lentils, kelp, sesame seeds.

ZINC

Crimini mushrooms, spinach, squash, asparagus, Swiss chard, greens, whole grains, miso, broccoli, maple syrup, beans, green peas, nuts, seeds.

MELATONIN

Oats, corn, brown rice, ginger, tomatoes, bananas, barley, cherries.

CALCIUM

Nuts, seeds, beans, whole grains, oats, vegetables, fruits, spirulina, dried fruit, nut and seed butters, soymilk, ricemilk, almondmilk, hempmilk, tofu, tempeh, blackstrapmolasses.

Any other questions?

Aloha!