## **vegan** and **animal-based** foods high in Selenium and Vitamin C:

### **Expanded Vegan Foods High in Selenium**

1. **Oats**
   * Selenium: ~13 mcg per cup (cooked)
   * **Reputable Brands**:
     + Bob’s Red Mill Organic Rolled Oats (USDA Organic, Non-GMO)
     + Nature's Path Organic Oats (USDA Organic)
2. **Spinach**
   * Selenium: ~11 mcg per cup (cooked)
   * **Reputable Brands**:
     + Earthbound Farm Organic Spinach (USDA Organic)
     + Taylor Farms Organic Baby Spinach (USDA Organic)
3. **Mushrooms (White Button)**
   * Selenium: ~11 mcg per 1 cup (cooked)
   * **Reputable Brands**:
     + Smallhold Organic Mushrooms (USDA Organic)
     + Monterey Mushrooms (Certified Organic)
4. **Barley**
   * Selenium: ~13 mcg per cup (cooked)
   * **Reputable Brands**:
     + Arrowhead Mills Organic Pearled Barley (USDA Organic)
     + Bob’s Red Mill Barley (USDA Organic)
5. **Cashews**
   * Selenium: ~7 mcg per ounce
   * **Reputable Brands**:
     + Equal Exchange Organic Cashews (Fair Trade Certified, USDA Organic)
     + Food to Live Organic Cashews (USDA Organic)
6. **Garlic**
   * Selenium: ~3 mcg per clove
   * **Reputable Brands**:
     + Christopher Ranch Organic Garlic (USDA Organic)

### **Expanded Vegan Foods High in Vitamin C**

1. **Papaya**
   * Vitamin C: ~88 mg per cup (raw)
   * **Reputable Brands**:
     + Melissa’s Organic Papaya (USDA Organic, Non-GMO)
2. **Strawberries**
   * Vitamin C: ~85 mg per cup (raw)
   * **Reputable Brands**:
     + Driscoll’s Organic Strawberries (USDA Organic)
     + Cascadian Farm Organic Frozen Strawberries (USDA Organic)
3. **Oranges**
   * Vitamin C: ~70 mg per medium orange
   * **Reputable Brands**:
     + Uncle Matt's Organic Oranges (USDA Organic)
     + Local Farmer’s Market Produce
4. **Kiwi**
   * Vitamin C: ~71 mg per medium kiwi
   * **Reputable Brands**:
     + Zespri Organic Kiwi (Non-GMO, USDA Organic)
5. **Pineapple**
   * Vitamin C: ~79 mg per cup (raw)
   * **Reputable Brands**:
     + Melissa’s Organic Pineapple (USDA Organic, Non-GMO)
6. **Brussels Sprouts**
   * Vitamin C: ~74 mg per cup (cooked)
   * **Reputable Brands**:
     + Earthbound Farm Organic Brussels Sprouts (USDA Organic)
7. **Sweet Potatoes**
   * Vitamin C: ~39 mg per cup (baked)
   * **Reputable Brands**:
     + Organic Sweet Potatoes from Whole Foods or local organic markets

### **Expanded Animal-Based Foods High in Selenium**

1. **Sardines (Canned in Oil)**
   * Selenium: ~45 mcg per 3 ounces
   * **Reputable Brands**:
     + Wild Planet Wild Sardines (Non-GMO, Sustainably Sourced)
2. **Pork (Chops or Loin)**
   * Selenium: ~42 mcg per 3 ounces (cooked)
   * **Reputable Brands**:
     + Niman Ranch Pork (Humanely Raised, Non-GMO)
3. **Turkey (Breast, Cooked)**
   * Selenium: ~31 mcg per 3 ounces
   * **Reputable Brands**:
     + Mary’s Organic Free-Range Turkey (USDA Organic)
4. **Beef (Grass-Fed)**
   * Selenium: ~26 mcg per 3 ounces
   * **Reputable Brands**:
     + ButcherBox Grass-Fed Beef (Sustainably Sourced)
5. **Cottage Cheese**
   * Selenium: ~20 mcg per ½ cup
   * **Reputable Brands**:
     + Good Culture Organic Cottage Cheese (USDA Organic, Non-GMO)

### **Expanded Animal-Based Foods High in Vitamin C**

1. **Camel Milk**
   * Vitamin C: ~5.8 mg per cup
   * **Reputable Brands**:
     + Desert Farms Camel Milk (Certified Organic, Grass-Fed)
2. **Cod (Cooked)**
   * Vitamin C: ~3 mg per 3 ounces
   * **Reputable Brands**:
     + Vital Choice Wild-Caught Cod (Sustainably Sourced)
3. **Oysters (Raw)**
   * Vitamin C: ~8 mg per 3 ounces
   * **Reputable Brands**:
     + Hog Island Oysters (Sustainably Farmed)
4. **Fish Roe (Salmon)**
   * Vitamin C: ~16 mg per 100 grams
   * **Reputable Brands**:
     + Vital Choice Wild Salmon Roe (Sustainably Sourced)
5. **Organ Meats (Lamb Kidney)**
   * Vitamin C: ~13 mg per 100 grams (raw)
   * **Reputable Brands**:
     + US Wellness Meats (Pasture-Raised)

### **Combining Foods for Optimal Nutrient Intake**

* For **vegan diets**, combine **Brazil nuts** (selenium) with a fresh **papaya smoothie** (Vitamin C).
* For **animal-based diets**, pair **wild-caught salmon roe** with a side of lightly steamed **Brussels sprouts** for a synergistic boost of Selenium and Vitamin C.

Let me know if you’d like additional recipes or food pairing tips!

4o

##### **You said:**

expand more on the plant-based food options available

###### **ChatGPT said:**

ChatGPT

### **Expanded List of Plant-Based Foods High in Selenium and Vitamin C**

This extended list provides additional options for plant-based sources of Selenium and Vitamin C, along with suggestions for their preparation or inclusion in meals. Each entry specifies the nutrient content and reputable brands where applicable.

### **Plant-Based Foods High in Selenium**

1. **Lentils**
   * Selenium: ~6 mcg per cup (cooked)
   * **Reputable Brands**:
     + Bob’s Red Mill Organic Lentils (USDA Organic, Non-GMO)
     + 365 by Whole Foods Market Organic Lentils (USDA Organic)
2. **Quinoa**
   * Selenium: ~5 mcg per cup (cooked)
   * **Reputable Brands**:
     + Alter Eco Organic Royal Quinoa (Fair Trade, USDA Organic)
     + Nature’s Path Organic Quinoa (USDA Organic)
3. **Pumpkin Seeds**
   * Selenium: ~9 mcg per 1 ounce
   * **Reputable Brands**:
     + Go Raw Sprouted Pumpkin Seeds (USDA Organic, Non-GMO)
     + Terrasoul Superfoods Organic Pumpkin Seeds (USDA Organic)
4. **Flaxseeds**
   * Selenium: ~6 mcg per 1 ounce
   * **Reputable Brands**:
     + Spectrum Essentials Organic Ground Flaxseed (USDA Organic)
     + Bob’s Red Mill Organic Flaxseed Meal (USDA Organic)
5. **Asparagus**
   * Selenium: ~2.3 mcg per 5 spears (cooked)
   * **Reputable Brands**:
     + Fresh Organic Asparagus from Local Farmers or Grocers
     + Organic frozen asparagus by Cascadian Farm (USDA Organic)
6. **Zucchini**
   * Selenium: ~0.9 mcg per cup (cooked)
   * **Reputable Brands**:
     + Earthbound Farm Organic Zucchini (USDA Organic)
     + Frozen zucchini by Cascadian Farm (USDA Organic)
7. **Tofu (Firm)**
   * Selenium: ~15 mcg per 3 ounces
   * **Reputable Brands**:
     + Wildwood Organic Tofu (USDA Organic, Non-GMO)
     + House Foods Organic Tofu (Non-GMO Project Verified)
8. **Whole Wheat Bread**
   * Selenium: ~10 mcg per slice
   * **Reputable Brands**:
     + Ezekiel 4:9 Organic Sprouted Bread (USDA Organic)
     + Dave’s Killer Bread Organic (Non-GMO Project Verified)

### **Plant-Based Foods High in Vitamin C**

1. **Amalaki (Amla)**
   * Vitamin C: ~600 mg per 100 grams (fresh fruit)
   * **Reputable Brands**:
     + Terrasoul Superfoods Organic Amla Powder (USDA Organic)
     + Banyan Botanicals Amla Powder (USDA Organic)
2. **Blackcurrants**
   * Vitamin C: ~203 mg per cup (raw)
   * **Reputable Brands**:
     + Biona Organic Blackcurrant Puree (USDA Organic, Non-GMO)
     + Local farmers for fresh organic produce
3. **Mango**
   * Vitamin C: ~60 mg per cup (raw)
   * **Reputable Brands**:
     + Melissa’s Organic Mangoes (USDA Organic)
     + Local Farmers Markets for fresh organic mangoes
4. **Lychee**
   * Vitamin C: ~136 mg per cup (raw)
   * **Reputable Brands**:
     + Melissa’s Organic Lychee (USDA Organic)
5. **Cauliflower**
   * Vitamin C: ~48 mg per cup (cooked)
   * **Reputable Brands**:
     + Earthbound Farm Organic Cauliflower (USDA Organic)
     + Cascadian Farm Organic Frozen Cauliflower (USDA Organic)
6. **Cabbage (Green or Red)**
   * Vitamin C: ~57 mg per cup (raw, shredded)
   * **Reputable Brands**:
     + Earthbound Farm Organic Green Cabbage (USDA Organic)
     + Local Farmers Markets for fresh organic cabbage
7. **Peas (Green, Fresh or Frozen)**
   * Vitamin C: ~58 mg per cup (raw)
   * **Reputable Brands**:
     + Cascadian Farm Organic Frozen Green Peas (USDA Organic)
     + Woodstock Organic Green Peas (USDA Organic)
8. **Raspberries**
   * Vitamin C: ~32 mg per cup (raw)
   * **Reputable Brands**:
     + Driscoll’s Organic Raspberries (USDA Organic, Non-GMO)
9. **Tomatoes**
   * Vitamin C: ~30 mg per medium tomato (raw)
   * **Reputable Brands**:
     + Muir Glen Organic Tomatoes (Canned, USDA Organic)
     + Local organic heirloom tomatoes from farmers markets
10. **Watermelon**
    * Vitamin C: ~23 mg per cup (diced)
    * **Reputable Brands**:
      + Local farmers markets for fresh, organic watermelon

### **Additional Lesser-Known Plant-Based Sources**

1. **Seaweed (Nori, Wakame, Kelp)**
   * **Selenium**: Up to ~40 mcg per gram (varies by type)
   * **Reputable Brands**:
     + Maine Coast Sea Vegetables (USDA Organic)
     + Emerald Cove Organic Nori (USDA Organic)
2. **Sweet Red Peppers**
   * **Vitamin C**: ~95 mg per ½ cup (raw)
   * **Reputable Brands**:
     + Locally grown organic peppers
3. **Cantaloupe**
   * **Vitamin C**: ~59 mg per cup (diced)
   * **Reputable Brands**:
     + Organic cantaloupes from local farmers
4. **Collard Greens**
   * **Vitamin C**: ~35 mg per cup (cooked)
   * **Reputable Brands**:
     + Earthbound Farm Organic Collard Greens (USDA Organic)