

Your Healthy Nutrient Rich Food List!

Incorporating a variety of nutrient rich foods into your food plan will help you to naturally boost your fertility, successfully and permanently lose unwanted fat and live a PCOS sign and symptom free life.

Here are some simple tips to help you discover the best food to eat:

- 1) Include a wide variety of foods. You need to replenish many different nutrients, so variety really is the spice of life!
- 2) Eat as close to nature as possible.
- 3) Organic is best, more nutritious and less toxic. Why not grow your own? Even in a small apartment, there are herbs and vegetables you can grow. Maybe get involved in a market garden. You can grow, and swap fresh produce.
- 4) Snap frozen vegetables often still pack a nutritional punch. Keeping these at the ready is so much better than not eating fruit and vegetables!
- 5) Steer clear of anti-nutrients and damaging foods such as dairy, gluten and refined sugars.

The list below reveals which foods contain good amounts of each nutrient.

Vitamin A:

Fish liver oil (halibut and cod), organic liver (veal, lamb, beef, chicken), egg yolk, carrots, tomatoes, rockmelon, apricots, mangos, pumpkin, peaches, spinach, sweet potato (kumera), and to add some flavor - Basil, Chives, Parsley and Chili.

Vitamin B1 (Thiamine):

Sunflower seeds, sesame seeds (tahini), oatmeal, pork, cashews, peanuts, mustard powder.

Vitamin B2 (Riboflavin):

Organic liver (beef, chicken, lamb, veal), organic kidney (beef, lamb, veal), almonds, egg yolk, chili, mussels, oysters, anchovies, broccoli (raw), parsley.

Vitamin B3 (Niacin):

Rice bran, rice flour, red meats, organic kidney (beef, lamb, veal, pork), organic liver (veal, lamb, beef, chicken, emu, chicken, salmon, sardines, anchovy, tuna, white fish, chili, passionfruit, sesame, sunflower seeds).

Vitamin B5 (Pantothenic acid):

Organic liver (lamb, chicken), rice bran, egg yolk, mutton, pork, cashews, coconut (dried), crab, salmon, mushrooms (stir fried).

Vitamin B6 (Pyridoxine):

Kangaroo, chicken, turkey (lean), mutton, veal, salmon, silverbeet, eggplant (aubergine), sunflower seeds, pistachio nuts.

Vitamin B12 (Cyanocobalamin):

Organic liver (chicken), sardines, mussels, oysters, rabbit, eggs (duck & chicken), scallops, mullet, snapper, beef, veal, lamb, turkey.



Vitamin C:

Blackcurrant juice, guava, banana, blackberry, red chili peppers, red peppers, parsley, watercress, cabbage, strawberries, papaya, rockmelon, citrus fruits, broccoli, Brussels sprouts, green peppers, cauliflower, kohlrabi, snow peas.

Vitamin D:

Herring (pickled), sardine (in tomato sauce), calamari, egg yolk (and not that it's dietary, but don't forget about the important life giving, vitamin D providing sunshine!)

Vitamin E:

Sesame seeds (tahini), sunflower oil, safflower oil, olive oil, egg yolk, almonds, sunflower seeds, olives.

Vitamin K:

Kale (raw), silverbeet, spinach, broccoli, parsley.

Bioflavonoids:

Fresh fruits, fresh vegetables, fresh herbs, tea (green, black), red wine (resveratrol), soy (isoflavones), chocolate (dark), blue/black berries, citrus fruits, brassica vegetables (especially broccoli).

Biotin:

Rice bran, sundried tomatoes, almonds, hazelnuts, pistachios, sunflower seeds, mushroom, broccoli, pork, chicken, turkey.

Calcium:

Tofu, lethicin, figs (dried), egg yolk, licorice, lemon zest, cinnamon (ground), oregano (dried), tahini, duck meat, almonds, brazil nuts, sunflower seeds, salmon, sardines, anchovy, snapper, crab meat, fish paste, shellfish, prawns, cabbage, bok choy, spinach, basil (fresh), chives (fresh), parsley (fresh).

**Chromium:**

Ham, white fish, parsley (fresh), olives.

Copper:

Organic liver (lamb), smoked fish/eel/trout, cocoa powder, flour (rye), oats & oat bran, dried fruits (apricots, currants, figs, dates), nuts (brazil, almonds, hazelnut, cashew, pine, pistachio, coconut, sunflower seeds, tahini).

Flourine:

Black tea (no milk), licorice, rabbit, duck, turkey (lean), tahini, fish paste, sardines, mullet, zucchini, avocado, lettuce (iceberg), tomato.

Folate:

Organic liver (chicken, lamb), Vegetable juice (carrot, celery, silverbeet, parsley), orange juice, cocoa powder, flour (chickpea, soy), limes, hazelnuts (raw), sesame seeds, spinach, cabbage, chives, watercress.

Iodine:

Sushi, oysters, scallops, kelp, fish paste, and if you're feeling adventurous sea vegetables, along with foods such as radishes, onions, cocoa powder and watercress.

Iron:

Red meats, organic liver/kidney (chicken, lamb, veal), nuts (almonds/cashews/hazelnut/pine), sesame seeds, tahini, eggs, oysters, mussels, parsley, cocoa powder, coriander (fresh), watercress, spinach, silverbeet, chicory, chili (red & green), basil (fresh), tomato (sundried), miso, tempeh, tofu.



Magnesium:

Red meat, chicken liver, pork, chicken, turkey, chicken, turkey, nuts (almond/brazil/cashew/hazelnut/pecan/peanuts/pine/pecan/pistachio/walnut), sesame seeds, tahini, sunflower seeds, licorice, chocolate (dark), chili powder, curry powder, mustard powder, dried fruit (apple/apricot/currants/dates/figs/sultanas/prunes), passionfruit, banana, blackberry, raspberry, legumes, shallots, spinach, parsley.

Manganese:

Nuts(almonds/cashews/coconut/hazelnut/macadamia/pinenut/pecan/walnut), licorice, sesame seeds (tahini), sunflower seeds, tofu, tempeh, tomato (sundried), parsley, silverbeet, spinach.

Phosphorus:

Red meat, fish (all types), shellfish, yeast spread, eggs, dried fruit (apricots/currants/dates/ figs/sultanas/prunes), banana, berries (all types) Stone fruit (peaches/plums/nectarines), grapes, legumes (beans/chickpeas/ chickpeas/dried peas), soy (lethicin/milk/-flour), tofu, sunflower seeds, sesame seeds (tahini), mushrooms, sweetcorn, tomato (sundried), green peas.

Potassium:

Red meat, fish (all types), eggs, apples, apricots, banana, berries (all types), cherries, grapes, citrus fruits, melon, passionfruit, pears, nuts & seeds (all types), tofu, tempeh, artichoke, asparagus, avocado, broccoli, Brussels sprouts, cabbage (all types), celeriac, celery, chilli (red, green), garlic, ginger, mushrooms, onions, parsnips, potatoes (all types), pumpkin, shallots, snowpeas, spinach, sweet potato (kumera), turnips, tomatoes (sundried), raw vegetables (all).

Selenium:

Brazil nuts, mushrooms, egg yolk, rice flour, red meats, oat bran, oats,mustard powder, sesame seeds (Tahini), fish (all types).

Silica:

Horsetail, oats, barley, millet, black tea, alfalfa, chickweed, potatoes, kelp.

Sulphur:

Egg yolks, red meats, chicken, turkey, nuts (almonds, brazil, cashews, hazelnut, macadamia, pine, peanut, pistachio), cocoa powder, mustard powder, licorice, tomato (sundried), olives (green, black).

Zinc:

Oysters, red meats, organic liver (chicken/veal/lamb), nuts (brazil, almonds, cashews, chestnuts, peanuts, pecan, pine, walnuts), chicken, duck, turkey, tomatoes (sundried), eggs, sesame seeds (tahini), sunflower seeds, garlic, green peas, parsley (fresh), basil (fresh), broad beans, butter beans, spinach, mushrooms.

ESSENTIAL FATTY ACIDS

Omega 6:

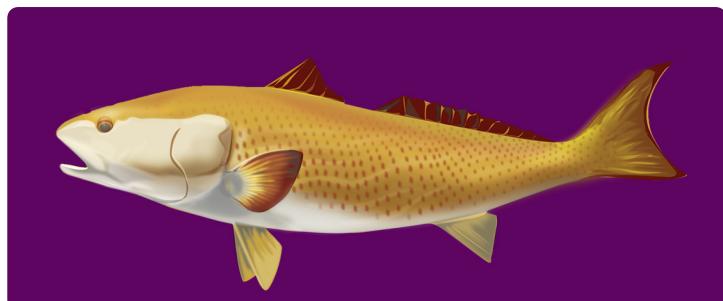
Oils (safflower, sunflower, sesame), pine nuts, Brazil nuts.

Omega 3:

Fish, fish oils, flax seed oil, walnuts, walnut oil.

Protein:

Foods such as organic meats, fish, eggs, protein powder, legumes and nuts are a great way to increase your protein.



AMINO ACIDS

Iso-leucine:

Pumpkin seeds, chicken, turkey, meats, fish (especially trout), peanuts, legumes, nuts.

Methionine:

Spirulina, red meat, chicken, turkey, nuts & seeds.

Cysteine:

Meats, egg yolks, nuts & seeds, brassica vegetables.

Phenylalanine/Tyrosine:

Spirulina, meat, legumes, nuts & seeds.

Threonine:

Whey protein, spirulina, meat, legumes, nuts & seeds.

Tryptophan:

Spirulina, oats, meats, nuts & seeds, eggs.

Valine:

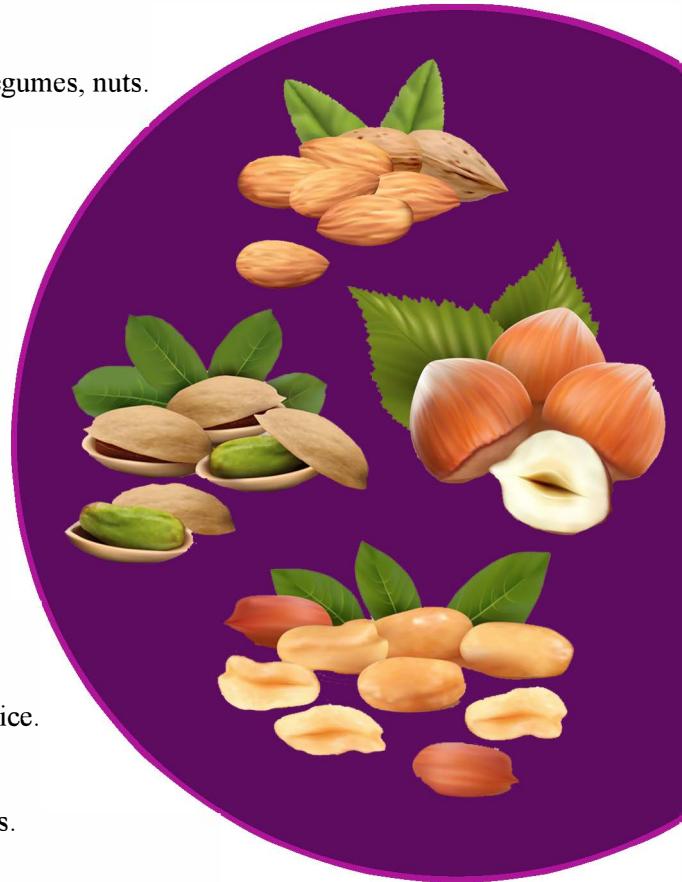
Pumpkin, sesame seeds, meats, eggs, nuts, legumes, trout, cod, prawns, rice.

Probiotics:

Cultured vegetables, fermented foods like kefir, tempeh and miso, pickles.

Prebiotics:

Many fruits, raw organic apple cider vinegar, Jerusalem artichokes, oats, honey.



**Great foods brimming with healthy nutrients include:
Eggs, nuts, seeds, fish, fresh fruit and vegetables.**



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