

Examples of especially healthy foods

a./ Magnesium mg/100 g

Pumpkin & Squash seeds	540
Cacao 20-22 %	520
Sesame seeds	350
Almonds	280
Soya beans	265
Cashew nuts	260
Rosehip, dry	240
Oat bran	235
Peanuts	190
Peas	150
Lentils	80
Spinach	79



b./ Tryptophan mg/100 g

Sesame seeds	470
Dry yeast	430
Pumpkin seeds	430
Cheese, 10 %	400
Wheat germs	330
Peanuts	310
Tuna fish	270
Turkey	250
Feta cheese	240
Chicken	240



c./ Lutein/Zeaxanthin micrg/100 g

Kale	21.9
Collard greens	16.3
Spinach	12.6
Cress leaf	12.5
Swiss chard	11.0
Chicory leaf	10.3
Parsley	10.2
Mustard greens	9.0
Beat greens	7.7
Okra	6.8
Red pepper	6.8
Endive	4.0
Celery	3.6



d./ Vitamin K micrg/100 gr

Thyme, dried	1715
Sage, dried	1700
Parsley raw	1640
Amaranth leaves	1160
Kale raw	817
Mustard greens, raw	497
Spinach, raw	483
Basil, fresh	413
Beat greens, raw	400
Turnip greens, raw	251
Leetuce, raw	174
Broccoli raw	102




e./ Glutathione Nmol/g

Broccoli (flower)	440
Parsley (leaf)	400
Spinach	400
Yellow squash (fresh)	320
Yellow squash (frozen)	70
Potato (raw)	230
Potato (boiled 15 min)	110
Tomato	170
Green pepper	170
Tangerine	140
Broccoli (stem)	140
Cauliflower	130




f./ Chlorophyll microg/cup

Parsley	380
Spinach	240
Cress, garden	160
Green beans	80
Arugula	80
Leeks	80
Endive	50
Sugar peas	50
Chinese cabbage	40





g./ Nitrate mg/100 g

Fennel	3.2
Lettuce	2.9
Celery	2.7
Mangold	2.6
Dill	2,4
Spinach	1,9
Beetroot	1.7
Nettle	1.6
Radish	1.3
Chinese cabbage	1.3
Savoy cabbage	1.1





h. Omega-3 FA mg/200 calorie serving

Flax seeds	12060
Chia seeds	7160
Radish seeds	3360
Salmon, wild, raw	2840
Walnuts	2780
Basil fresh	2750
Oregano, dried	2730
Cloves, dried	2650
Mackerel, fresh	2610
Salmon, farmed, raw	2410
Broccoli, cooked	2350

i. Iodine µg/100 g

Seaweed, Wakame	up to 450.000
Haddock	1594
Shrimp	499
Lobster	474
Oysters	471
Cod fish	449
Clams	360
Herring	211
Beet leaves	144
Crab	129
Spinach	164
Asparagus	110
Salmon	103

j. Zinc mg/100 g

Oysters	> 25
Shellfish	20
Brewers Yeast	17
Wheat Germ	16
Liver, Veal	12
Pumpkin Seed	10
Beaf	10
Pine Nuts	7
Lamb	7
Pecan Nuts	6
Cashews	6

