

Food and Nutrients

In meal planning, include foods from five food groups (Grains, Fruits, Vegetables, Meat and alternatives, Milk and alternatives) Choose from a variety of foods ensure you and your family get sufficient nutrients. Learn about the major food sources of different nutrients help you to make food choices.

Nutrients	Major natural food sources
Protein	Dairy (e.g. milk, cheese and yoghurt), meat, fish, seafood, poultry, legumes/ lentils/ dry beans and bean products
Carbohydrates	Grains (e.g. baby cereal, bread, rice, pasta/noodles, oatmeal), dairy, legumes/dry beans (e.g. black-eyed beans, Adzuki beans, red kidney beans, lentils/dahl), starchy, root and tuber vegetables, fruits
Essential Fatty Acids:	
Alpha-linolenic acid, ALA	Vegetable oils (e.g. soy bean oil, canola oil, sesame oil, sunflower seed oil etc.), walnut, flaxseed, nuts and seeds
Linoleic acid, LA	Vegetable oils (e.g. safflower seed oil, corn oil, peanut oil, soy bean oil, canola oil, sesame oil, sunflower seed oil, grape seed oil, etc.), nuts and seeds
Omega-6 fatty acids	Meat and seafood
Omega-3 fatty acids	Fish (Fish with high fat content contains more omega-3 fatty acids: e.g. sardines, salmon, halibut, jade perch, etc.)
Vitamin A /Beta-carotene	Vitamin A: Dairy, liver, egg yolk (Our body can turn beta-carotene in foods into Vitamin A) Beta-carotene: Yellow and orange fruits (e.g. papaya, cantaloupe and peach, etc.), dark orange, yellow and green vegetables (e.g. carrot, spinach)
Vitamin D	Oily fish (e.g. salmon, sardines, mackerel, tuna, cod, eel, etc.), egg liver, vitamin D- fortified dairy products and soy milk There are few food choices that provide vitamin D naturally and the quantity is low. Most of the vitamin D our body needs is produced by the skin when it is exposed to ultraviolet radiation from natural sunlight.
Vitamin E	Vegetable oil (e.g. sunflower seed oil, safflower seed oil, corn oil, canola oil, etc.) , nuts, seeds, egg, dark green vegetables, whole grains, wheat germ
Vitamin K	Vegetable oil (e.g. soybean oil, canola oil, olive oil, etc.) liver, fish, dark

Vitamin C	Fresh vegetables (e.g. bell peppers, spinach, tomatoes, etc.) and fruits (e.g. orange, kiwi fruits, papaya, cantaloupe, guava, permissions, etc.)
Vitamin B12	Meat, liver, fish, seafood, poultry, egg, dairy, breakfast cereal added with vitamin B12 <i>(Note: vegetables, fruits, legumes/ lentils/ dry beans, nuts/seeds do not contain Vitamin B12)</i>
Vitamin B6	Grains*, meat, liver, beans
Vitamin B1	Grains*, meat, beans, nuts
Vitamin B2	Grains*, meat, egg, dairy
Niacin	Grains*, meat, fish, poultry, egg
Biotin	Grains*, wheat germ, liver, egg, peanut, nuts, vegetables (e.g. broccoli, mushrooms)
Pantothenic acid	Grains*, meat, liver, egg
Folate	Dark green vegetables, fruits (e.g. cantaloupe, oranges), legumes/ lentils/ dry beans, liver, peanuts, nuts, folate-fortified breakfast cereals
Calcium	Dairy, dark green vegetables (e.g. Choy sum, broccoli), soy beans and bean products, sesame, dried small shrimps
Iron	Meat, fish, seafood, poultry, egg, dark green vegetables, legumes/ lentils/ dry beans, nuts, seeds, whole grains, iron-fortified breakfast cereals, dried fruits
Zinc	Meat, seafood (e.g. oysters, shellfish), liver, peanut, seeds, nuts, dairy
Copper	Nuts, seeds, legumes/ lentils/ dry beans, liver, seafood (e.g. oysters, prawns, crabs, etc.)
Iodine	Seaweed, kelp, marine fish, seafood (e.g. prawns, mussels, oysters, etc.), egg yolk, dairy
Magnesium	Whole grains (e.g. whole-meal bread, brown rice, red rice), meat, nuts, dark green vegetables, soy beans and bean products
Phosphorus	Meat, fish, poultry, egg yolk, legumes/ lentils/ dry beans and bean products, dried small shrimps, nuts (e.g. sunflower seed, peanuts, walnuts, etc.), mushrooms, black fungus, whole grains
Selenium	Whole grains (e.g. whole-meal bread, brown rice, red rice), meat, seafood
Choline	Liver, milk, egg, meat, peanut, nuts, soy bean products, mushrooms, broccoli, cauliflower
Taurine	Fish, animal protein

* Whole grains including red rice, brown rice, whole-meal bread, contain more vitamin B than white rice or white bread

If you would like to know more about the nutrient contents of different foods, you can visit the Centre for Food Safety Nutrient Information Inquiry System website:
<http://www.cfs.gov.hk/english/nutrient/index.php>



Family Health Service, Department of Health
Mar 2016