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| STRENGHTS | CAN IMPROVE |
| **Vitamin B12 (Cobalamin)- recommendation is 2.4 mcg/day, upper limit unknown.** * Fish, poultry, meat, fortified cereals

**Iron- recommendation is 18mg/day, upper limit is 45mg/day*** Fortified cereals, beans, lentils, beef, eggs

**Vitamin E (alphatocopherol)- recommendation is 15mg/day, upper limit is 1000 mg/day*** Fortified cereals, sunflower seeds, almonds, peanut butter, vegetable oils

**Fibre- recommendation is 25g/day, upper limit is none.** * Bran cereal, peas, lentils, black beans, fruits, vegetables

**Vitamin K - recommendation is 120mcg/day upper limit is unknown*** Green vegetables like spinach, collards, and broccoli; brussels sprouts; cabbage
 | **Zinc- recommendation is 8mg/day, upper limit is 40 mg/day*** Red meats, some seafood, fortified cereals

**Vitamin B7 (Biotin) – recommendation is 35mcg/day, upper limit is unknown*** Liver, fruits, meats

**Vitamin D (Calciferol) – recommendation 5mcg/day, upper limit 50mcg/day*** Fish liver oils, fatty fish, fortified milk products, fortified cereals; also, formed naturally as a result of sunlight exposure

**Calcium - recommendation is 1000mg/day, upper limit 2500mg/day*** Milk, yogurt, hard cheeses, fortified cereals, spinach
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Seibert, A MD. (October 06, 2012). Food Sources for Vitamins and Minerals. In WebMD. Retrieved October 30, 2012, from http://www.webmd.com/food-recipes/guide/vitamins-and-minerals-good-food-sources.