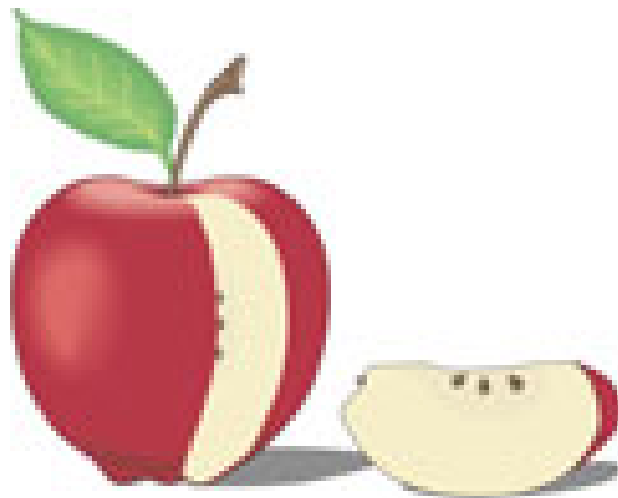


NUTRIENTS

Found in Different

FOOD SOURCES





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INTRODUCTION

The guide “Nutritional Value of local foods on the Lower North Shore” illustrates in detail the nutritional value of local resources. It also depicts foods that are a source, good source or an excellent source of different nutrients. Since, the guide “Nutritional Value of local foods on the Lower North Shore” is very specific and quite immense; we decided that it would be important to create a little booklet to accompany the guide. This booklet clearly states which type of commonly eaten food(s) or local food(s) are rich in different nutrients. The nutrients presented are vitamins (A, C, B12, folic acid) and minerals (calcium, iron, zinc, potassium, and magnesium).

Explanation of the Recommended Dietary Allowances (RDAs):

You will notice that for each vitamin and mineral the Recommended Dietary Allowances (RDAs) are given. Recommended Dietary Allowances signifies: “the average daily amount of a nutrient considered adequate to meet the nutritional needs of practically all healthy people.”³ Of course, the RDAs depends on the person’s age, sex and if they are pregnant or breastfeeding. Also, people with certain health problems, may need more or less than the normal Recommended Dietary Allowances (RDAs).

Thus, this booklet provides you with the Recommended Dietary Allowances (RDAs) for local foods and the most commonly eaten food sources for the different vitamins and minerals. Therefore, you are able to determine which foods you should eat and the amount, in order to reach your RDAs for the different vitamins and minerals.

Are you getting enough, too much or not enough? If you are getting too much, which is often rare for certain vitamins and minerals, it is not necessarily problematic, because our body eliminates many vitamins and minerals. However, if you are not getting enough, it may lead to deficiency problems and in the long run, health problems. Therefore, it is important to eat a variety of foods. Please remember that not all of the vitamins and minerals are presented in this booklet, which means it is important to eat the recommended foods from the Four Food groups of the Lower North Shore Food Guide and/or Canada’s Food Guide to Healthy Eating in order to reach your Recommended Dietary Allowances (RDAs) for all nutrients.

Explanation of the Tables:

The tables are separated into three columns, the first column represents the most commonly eaten foods by Lower North Shore residents and/or the local foods that are the best source of vitamins and minerals. The second column presents the quantity (amount) of the food sources and the third column illustrates the amount of vitamins or minerals the food sources provide. The food sources are separated into categories such as: fruits and vegetables, grain products, milk products, fish and seafood, meats, meat and alternatives, meat alternatives. In each category, the foods are listed according to the amount of vitamins or minerals they provide, which is from the highest to the lowest amount.

Finally, please note that the abbreviation ml signifies millilitres.

VITAMINS

Vitamin A

Vitamin A is important in the promotion of vision, especially night vision, in the reproduction of the body's cells and for the health of the body's skin and tissues.

The recommended dietary allowances (RDAs) for *vitamin A* are 900 µg (micrograms) per day for an adult male and 700 µg per day for an adult female.

Food Sources	Amount of Food	Amount of Vitamin A (RE)*
Vegetables and Fruits		
Carrots, cooked	250 ml	4047
Carrot, raw	1 medium sized	2264
Mixed vegetables, canned	250 ml	2007
Green cabbage, cooked and chopped	250 ml	1016
Cantaloup	1/2	860
Broccoli, cooked	250 ml	367
Tomato paste, canned	125 ml	342
Vegetable juice, canned	250 ml	299
Milk Products		
Cheddar cheese	50 grams	152
Mozzarella cheese	50 grams	137
Meats		
Beef liver, cooked	100 grams	10 602
Fish and Seafood		
Clams, boiled or steamed	100 grams	171
Mussels, boiled or steamed	100 grams	91
Shrimp, boiled or steamed	100 grams	66
Halibut, baked or grilled	100 grams	54
Snow crab, boiled or steamed	100 grams	52

*The amount of vitamin A is given in retinol equivalence (RE). 1 µg Re = 1 µg retinol.

Vitamin C

Vitamin C is known for participating in the formation of hormones, in the formation of the body's collagen tissues and helps to increase the absorption of iron. Vitamin C is also an antioxidant, which is known to help prevent health problems such as cancer, heart problems, etc.

The recommended dietary allowances (RDAs) for *vitamin C* are 90 milligrams (mg) per day for an adult male and 75 milligrams (mg) per day for an adult female.

Food Sources	Amount of Food	Amount of Vitamin C (mg)*
Vegetables and Fruits		
Yellow pepper	1/2	170
Red pepper	1/2	156
Brussel sprouts, cooked	250 ml	149
Orange juice, fresh	250 ml	131
Cantaloup	1/2	113
Bakeapples, raw	100 grams	100
Strawberries, raw	250 ml	86
Broccoli, cooked	250 ml	78
Cauliflower, cooked	250 ml	74
Green pepper	1/2	73
Vegetable juice	250 ml	71
Orange	1	70
Kiwi	1	57
Pink grapefruit	1/2	47
Tomato juice	250 ml	47
Lemon	1	31
Tangerine	1	26
Raspberries, raw	100 grams	25
Tomato, fresh	1	23
Potatoe, cooked	1	20
Blackberries, raw	76 grams	16
Blueberries, raw	100 grams	13
Rhubarb, raw, cut in cubes	100 grams	8
Redberries, raw	100 grams	5
Meats		
Beef liver, cooked	100 grams	23
Fish and Seafood		
Clams, boiled or steamed	100 grams	22
Mussels, boiled or steamed	100 grams	14

*The amount of vitamin C is given in milligrams (mg).

Vitamin B12:

Vitamin B12 is important in the formation of new cells in the body, helps to maintain nerve cells and activates folate (folic acid). *Vitamin B12* is only found in animal products, such as meats, wildmeats, poultry, fish, in all shellfish, especially clams, which are very rich in *vitamin B12*. It is also found in milk, cheese and eggs.

The recommended dietary allowance (RDA) for vitamin B12 is 2,4 µg (micrograms) per day for an adult male and female.

Food Sources	Amount of Food	Amount of Vitamin B12 (µg)*
Meats		
Beef liver, cooked	100 grams	111,80
Cariboo, roasted	100 grams	6,64
Wild rabbit, stewed	100 grams	6,51
Moose, roasted	100 grams	6,31
Lean ground beef, grilled	100 grams	2,56
Duck, breast, raw	100 grams	0,76
Ham, cooked	100 grams	0,70
Domesticated goose, light and dark meat, roasted	100 grams	0,49
Turkey, roasted, white or brown meat	100 grams	0,37
Chicken, roasted, white or brown meat	100 grams	0,34
Fish and Seafood		
Clams, boiled or steamed	100 grams	98,89
Mussels, boiled or steamed	100 grams	24
Atlantic herring, baked or grilled	100 grams	13,14
Crab, boiled or steamed	100 grams	10,38
Cod fish, salted and dried	100 grams	10
Sardines, canned	100 grams	8,94
Rainbow trout, baked or grilled	100 grams	6,30
Lobster, boiled or steamed	100 grams	3,11
Atlantic salmon, baked or grilled	100 grams	3,05
White tuna, canned, in oil	100 grams	2,20
Shrimp, boiled or steamed	100 grams	1,49
Halibut, baked or grilled	100 grams	1,37
Cod fish, baked or grilled	100 grams	1,05

*The amount of vitamin B12 is given in micrograms (µg).

Folic acid or folate:

Folic acid is important in new cell formation, it helps to convert vitamin B12 so it can be used in the body and it is essential in reducing the risks of neural tube defects during pregnancy.

The recommended dietary allowance (RDA) for folate is 400 µg per day for an adult female and an adult male. RDA for pregnant women is 600 µg per day and 500 µg per day for women that are breastfeeding.

Food Sources	Amount of Food	Amount of Folic Acid (µg)*
Vegetables and Fruits		
Beets, cooked	250 ml	157
Brussel sprouts, cooked	10	126
Orange juice, frozen	250 ml	115
Broccoli, raw (stem and flower)	1	107
Green peas, frozen	250 ml	99
Broccoli, cooked (stem and flower)	1	90
Orange juice, fresh	250 ml	80
Romain lettuce, chopped	250 ml	80
Frozen cauliflower, cooked	250 ml	78
Cauliflower, raw	250 ml	70
Corn, canned	125 ml	55
Cantaloup	1/2	45
Orange	1	40
Blackberries, raw	100 grams	26
Raspberries, raw	100 grams	26
Meat and Alternatives		
Chicken liver, cooked	100 grams	770
Lentils, cooked	250 ml	378
Small white beans, cooked	250 ml	269
Beef liver, cooked	100 grams	220
Sunflower seeds, roasted	125 ml	167
Red kidney beans	250 ml	133
Peanuts, roasted	125 ml	112
Baked beans, canned	250 ml	97
Fish and Seafood		
Mussels, boiled or steamed	100 grams	75,6
Crab, boiled or steamed	100 grams	42
Atlantic salmon, baked or grilled	100 grams	29
Clams, boiled or steamed	100 grams	28,8

*The amount of folic acid is given in micrograms (µg).

MINERALS

Calcium: *Calcium* is essential for good muscle contraction and for the normal development and maintenance of strong bones and teeth, which is why calcium is important in the protection against osteoporosis.

The general recommendation for an adequate calcium intake (AI) for an adult is around 1000-1300 mg.

Food Sources	Amount of Food	Amount of Calcium (mg)*
Vegetables and Fruits		
Spinach, cooked	250 ml	259
Rhubarb, cooked	125 ml	184
Broccoli, cooked	250 ml	99
Rhubarb, raw, cut into cubes	100 grams	86
Milk Products		
Mozzarella cheese, partially skimmed	50 grams	365
Cheddar cheese	50 grams	360
Sliced cheese	2 slices	350
Chocolate milk	250 ml	321
Skim milk	250 ml	319
2% milk	250 ml	314
Whole milk	250 ml	308
Natural yogurt	125 ml	236
Yogurt with fruits	125 ml	178
Fish and Seafood		
Sardines, canned, with bones	100 grams	382
Pink salmon, canned, with bones	100 grams	334
Cod fish, salted and dried	100 grams	160
Clams, boiled or steamed	100 grams	92
Rainbow smelt, baked or grilled	100 grams	77
Atlantic herring, baked or grilled	100 grams	74
Meat Alternatives		
Almonds, roasted and salted	125 ml	206
Canned white beans	250 ml	202
Canned beans with pork	250 ml	163

- The amount of calcium is given in milligrams (mg).

Iron:

Iron is important to help carry oxygen from place to place in the body and to make oxygen available for muscle contraction.

There are two types of iron, the heme iron and the non-heme iron:

The *heme iron* is found in animal products and is better absorbed than the non-heme iron. Heme iron is found in meats, poultry, fish, shrimp, eggs, etc.

The *non heme iron* is found in different foods such as cooked clams, oysters, beans, peas, lentils, iron enriched breakfast cereals, tofu, nuts, dried raisins, bread, etc.

Women need more iron than men. The recommended dietary allowances (RDAs) for an adult woman is about 18 milligrams and for a man, 8 milligrams. The RDAs for iron for pregnant women is 27 mg per day and for women that breastfeed, 9 mg per day.

Food Sources	Amount of Food	Amount of Iron (mg)*
Vegetables and Fruits		
Spinach, cooked	250 ml	6,8
Green peas, boiled	250 ml	2,6
Prunes, dried	10	2,1
Grain Products		
Baby cereal, dry, enriched	120 ml	8,6
Shreddies	250 ml	8,5
Bran Flakes, Post	250 ml	7,0
Weetabix	2 biscuits	4,7
Bran Cereal, 100% Post	125 ml	4,6
Cream of wheat, cooked	250 ml	2,7
Fish and Seafood		
Clams, canned	125 ml	28,6
Clams, boiled or steamed	100 grams	27,96
Mussels, boiled or steamed	100 grams	6,72
Oysters, cooked or raw	6 medium sized	5,6
Shrimp, boiled or steamed	100 grams	3,09
Sardines in oil	100 grams	2,9
Snow crab, boiled or steamed	100 grams	2,88
Meat and Alternatives		
Seal, boiled	100 grams	27
White beans, cooked	250 ml	7,0
Beef liver, cooked	100 grams	6,8
Cariboo, roasted	100 grams	6,17
Red kidney beans, cooked	250 ml	5,5

Iron (continued):

Food Sources	Amount of Food	Amount of Iron (mg)*
Meat and Alternatives		
Wild rabbit, stewed	100 grams	4,85
Wild duck, breast, raw	100 grams	4,51
Moose, roasted	100 grams	4,22
Lean beef, cooked	100 grams	3,0
Domesticated goose, light and dark meat, roasted	100 grams	2,87
Split peas, cooked	250 ml	2,7

* The amount of iron is given in milligrams (mg).

Zinc:

Zinc is important in the perception of taste, wound healing, the making of sperm and helps with the body's immune system.

The recommended dietary allowances (RDAs) for zinc are 11 milligrams (mg) for an adult male and 8-9 mg for an adult female.

Food Sources	Amount of Food	Amount of Zinc (mg)*
Grain Products		
Rolled oats, cooked	250 ml	2,5
Bran cereal, Post	125 ml	2,2
Milk Products		
Natural yogurt	250 ml	2,3
Fish and Seafood		
Oysters, raw	6 medium sized	76,3
Snow crab, boiled or steamed	100 grams	3,59
Lobster, boiled or steamed	100 grams	2,92
Clams, boiled or steamed	100 grams	2,73
Mussels, boiled or steamed	100 grams	2,67
Meat and Alternatives		
Beef liver, cooked	100 grams	6,1
Cariboo, roasted	100 grams	5,26
Turkey roasted, brown meat	100 grams	4,5
Chicken liver, cooked	100 grams	4,3
Lean ham, cooked	100 grams	4,3
Moose, roasted	100 grams	3,68
Seal, boiled	100 grams	3,6
Domesticated goose, light and dark meat, roasted	100 grams	3,17
Chicken, leg, roasted	100 grams	2,9
White beans, cooked	250 ml	2,6
Wild rabbit, stewed	100 grams	2,38
Turkey, roasted, white meat	100 grams	2,1

*The amount of zinc is given in milligrams (mg).

Potassium:

Potassium plays a role in maintaining normal fluid and electrolyte balance, assists in nerve impulse transmission and muscle contractions, etc.

The adequate intake (AI) for potassium is 4700 milligrams for adult males and females.

Food Sources	Amount of Food	Amount of potassium (mg)*
Vegetables and Fruits		
Spinach, cooked	250 ml	886
Prune juice	250 ml	747
Mushrooms, fresh	10	670
Potato, baked	1	610
Raisins, dried	125 ml	575
Tomato juice	250 ml	567
Orange juice, fresh	250 ml	524
Kiwis	2	504
Vegetable juice	250 ml	494
Oranges	2	474
Banana	1	454
Cantaloup	1/4	413
Grapefruit juice, canned	250 ml	400
Celery, raw	250 ml	364
Broccoli, frozen, cooked	250 ml	350
Cauliflower, raw	250 ml	320
Prunes, dried	5	313
Rhubarb, raw, cut into cubes	100 grams	288
Tomato, raw	1	273
Grain Products		
Whole wheat flour	250 ml	514
Bran buds Kellog's	125 ml	480
Milk Products		
Powdered milk, skim	60 ml	544
Chocolate milk, 2% M.F.	250 ml	446
2% Milk	250 ml	398
Meat and Alternatives		
White beans, canned	250 ml	1257
Split peas, cooked	250 ml	750
Beef liver, cooked	100 grams	364
Moose, roasted	100 grams	334
Cariboo, roasted	100 grams	310

Potassium (continued):

Food Sources	Amount of Food	Amount of Potassium (mg)*
Meat and Alternatives		
Turkey, roasted, white meat	100 grams	305
Wild duck, breast, raw	100 grams	268
Peanuts, grilled	60 ml	244
Fish and Seafood		
White fish, lake, baked or broiled	154 grams	625
Halibut, baked or grilled	100 grams	576
Clams, canned	125 ml	531
Rainbow trout, baked or grilled	100 grams	448
Atlantic herring, baked or grilled	100 grams	419
Sardines, canned	100 grams	397
Rainbow smelt, baked or grilled	100 grams	372
Tuna, canned	100 grams	333
Salmon, canned	100 grams	333
European turbot, baked or grilled	100 grams	305
Mussels, boiled or steamed	100 grams	268
Cod fish, baked or grilled	100 grams	244

*The amount of potassium is given in milligrams (mg).

Magnesium

Magnesium plays a role in bone mineralization, building of protein, normal muscle contraction, maintenance of teeth, functioning of the immune system, etc.

The recommended dietary allowances (RDAs) for magnesium are 400-420 milligrams (mg) for adult males and 310-320 milligrams (mg) for adult females.

Food Sources	Amount of Food	Amount of Magnesium (mg)*
Vegetables and Fruits		
Spinach, cooked	250 ml	165
Broccoli, cooked	250 ml	98
Corn	2	78
Spinach, raw	250 ml	47
Prune juice	250 ml	38
Bakeapples, raw	100 grams	29
Grain Products		
Rolled oats, 1 minute, cooked	250 ml	123
Bran Flakes, Post	250 ml	121
Bran buds	100 ml	99
Brown rice, cooked	250 ml	89
Bran cereal Post, 100%	125 ml	87
Fish and Seafood		
Cod fish, salted and dried	100 grams	133
Halibut, baked or grilled	100 grams	107
European turbot, baked or grilled	100 grams	65
Snow crab, boiled or steamed	100 grams	63
Cod fish, baked or grilled	100 grams	42
Atlantic herring, baked or grilled	100 grams	41
Atlantic salmon, baked or grilled	100 grams	37
Mussels, boiled or steamed	100 grams	37
Lobster, boiled or steamed	100 grams	35
Shrimp, boiled or steamed	100 grams	34
Meat and Alternatives		
White beans, cooked	250 ml	119
Split peas	250 ml	75
Peanut butter	30 ml	52
Wild rabbit, stewed	100 grams	31

*The amount of magnesium is given in milligrams (mg).

Conclusion

To conclude, we hope that this booklet will help you to make better food choices that you may need in your everyday diet. The goal is not to calculate the amount of food you've eaten with vitamin A, calcium, etc, but to try and pick out the best food sources important for good health.

By including a variety of foods and eating the recommended daily servings from the Four Food Groups of the Lower North Shore Food Guide and/or Canada's Food Guide to Healthy Eating, you are sure to answer your needs, and meet your Recommended Dietary Allowances (RDAs).

Always remember that health begins in your plate and that it's all about moderation!

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