

# MICRONUTRIENT MATCH-UPS

If your child is fussy or dislikes certain foods, don't worry! Many important vitamins and minerals are found in a variety of wholefoods. By identifying the key micronutrients in a food your child refuses to eat, you can look for other foods that provide the same nutrients. This way, you can ensure your child still gets the essential nutrients they need for growth and health, even if their taste preferences limit their choices.

## ZUCCHINI



Micronutrient	Other Wholefood Sources
Vitamin C	Strawberries, kiwi, capsicum, oranges, tomatoes
Vitamin K	Kale, spinach, Brussels sprouts, cabbage, parsley
Folate (B9)	Lentils, avocado, asparagus, peas, spinach
Potassium	Bananas, sweet potato, white beans, zucchini, avocado
Fibre	Pears, carrots, oats, wholegrain bread, chia seeds

## MUSHROOM



Micronutrient	Other Wholefood Sources
Vitamin D	Egg yolks, oily fish, UV-exposed mushrooms
B Vitamins (B2, B3, B5)	Eggs, legumes, whole grains, chicken, dairy
Selenium	Brazil nuts, sunflower seeds, eggs, whole grains, tuna
Copper	Cashews, sunflower seeds, lentils, dark chocolate, chickpeas
	Bananas, sweet potato, white beans, zucchini, avocado

# CAPSICUM



Micronutrient	Other Wholefood Sources
Vitamin C	Oranges, kiwi, strawberries, broccoli, guava
Vitamin A (as beta-carotene)	Carrots, sweet potato, pumpkin, kale, mango
Vitamin B6	Bananas, potatoes, chickpeas, salmon, sunflower seeds
Folate (B9)	Lentils, spinach, avocado, asparagus, black beans
Vitamin E	Almonds, sunflower seeds, spinach, hazelnuts, avocado
Potassium	Sweet potato, bananas, white beans, zucchini, spinach
Fibre	Pears, oats, raspberries, wholegrain bread, flaxseeds

# ASPARAGUS



Micronutrient	Other Wholefood Sources
Folate (B9)	Lentils, spinach, avocado, Brussels sprouts, beetroot
Vitamin K	Kale, broccoli, spinach, parsley, cabbage
Vitamin C	Capsicum, oranges, strawberries, kiwi fruit, broccoli
Vitamin A (as beta-carotene)	Carrots, pumpkin, sweet potato, silverbeet, mango
Vitamin E	Sunflower seeds, almonds, avocado, spinach, hazelnuts
Potassium	Bananas, sweet potato, white beans, mushrooms, zucchini
Fibre	Pears, carrots, rolled oats, wholegrain bread, chia seeds

# ONION



Micronutrient	Other Wholefood Sources
Vitamin C	Capsicum, broccoli, oranges, kiwi fruit, strawberries
Folate (B9)	Lentils, spinach, asparagus, avocado, beetroot
Potassium	Bananas, sweet potato, mushrooms, zucchini, white beans
Quercetin (a plant antioxidant)	Apples (esp. red), capers, kale, berries, green tea
Fibre	Carrots, oats, pears, wholegrain bread, legumes

# SPINACH



Micronutrient	Other Wholefood Sources
Vitamin K	Kale, spinach, parsley, broccoli, Brussels sprouts
Vitamin A (as beta-carotene)	Carrots, pumpkin, sweet potato, capsicum, mango
Vitamin C	Tomatoes, oranges, strawberries, kiwi fruit, capsicum
Magnesium	Almonds, spinach, pumpkin seeds, black beans, rolled oats
Iron	Lentils, spinach, tofu, pumpkin seeds, chickpeas
Folate (B9)	Avocado, asparagus, lentils, beetroot, broccoli
Fibre	Pears, wholegrain bread, oats, carrots, chia seeds

# EGGPLANT



Micronutrient	Other Wholefood Sources
Fibre	Pears, carrots, oats, wholegrain bread, legumes
Potassium	Bananas, sweet potato, mushrooms, zucchini, white beans
Vitamin B6	Chickpeas, bananas, potatoes, sunflower seeds, spinach
Folate (B9)	Lentils, spinach, asparagus, beetroot, avocado
Nasunin (a potent antioxidant in the purple skin)	Red cabbage, blueberries, black grapes, plums

# TOMATO



Micronutrient	Other Wholefood Sources
Vitamin C	Capsicum, oranges, kiwi fruit, strawberries, broccoli
Vitamin A (as beta-carotene)	Carrots, pumpkin, sweet potato, mango, spinach
Vitamin K	Kale, spinach, broccoli, Brussels sprouts, parsley
Folate (B9)	Lentils, avocado, asparagus, beetroot, spinach
Potassium	Bananas, sweet potato, white beans, mushrooms, zucchini
Lycopene (a powerful antioxidant)	Watermelon, pink grapefruit, guava, red capsicum, papaya
Fibre	Apples, carrots, rolled oats, wholegrain bread, chia seeds

# CUCUMBER



Micronutrient	Other Wholefood Sources
Vitamin K	Kale, silverbeet, spinach, Brussels sprouts, parsley
Vitamin C	Capsicum, oranges, broccoli, kiwi fruit, strawberries
Potassium	Bananas, sweet potato, mushrooms, zucchini, white beans
Fibre	Pears, carrots, oats, wholegrain bread, chia seeds

# GREEN BEANS



Micronutrient	Other Wholefood Sources
Vitamin C	Capsicum, broccoli, oranges, strawberries, kiwi fruit
Vitamin K	Kale, silverbeet, spinach, Brussels sprouts, parsley
Folate (B9)	Lentils, asparagus, avocado, beetroot, spinach
Potassium	Bananas, sweet potato, mushrooms, zucchini, white beans
Fibre	Pears, oats, wholegrain bread, carrots, chia seeds

# CAULIFLOWER



Micronutrient	Other Wholefood Sources
Vitamin C	Capsicum, broccoli, strawberries, kiwi fruit, oranges
Vitamin K	Kale, spinach, Brussels sprouts, parsley, silverbeet
Folate (B9)	Lentils, asparagus, avocado, spinach, beetroot
Vitamin B6	Bananas, potatoes, chickpeas, sunflower seeds, chicken
Choline	Eggs, soybeans, broccoli, quinoa, salmon
Potassium	Sweet potato, bananas, zucchini, mushrooms, white beans
Fibre	Carrots, pears, oats, wholegrain bread, flaxseeds

# BROCCOLI



Micronutrient	Other Wholefood Sources
Vitamin C	Strawberries, kiwi, capsicum, oranges, tomatoes
Vitamin K	Kale, spinach, Brussels sprouts, cabbage, parsley
Folate (B9)	Lentils, avocado, asparagus, peas, spinach
Potassium	Bananas, sweet potato, white beans, zucchini, avocado
Fibre	Pears, carrots, oats, wholegrain bread, chia seeds

# PUMPKIN



Micronutrient	Other Wholefood Sources
Vitamin A (as beta-carotene)	Carrots, sweet potato, mango, silverbeet, spinach
Vitamin C	Capsicum, broccoli, strawberries, oranges, kiwi fruit
Folate (B9)	Lentils, spinach, asparagus, avocado, beetroot
Vitamin E	Sunflower seeds, almonds, avocado, spinach, hazelnuts
Potassium	Bananas, white beans, zucchini, sweet potato, mushrooms
Fibre	Wholegrain bread, oats, carrots, flaxseeds, apples

# AVOCADO



Micronutrient	Other Wholefood Sources
Folate (B9)	Lentils, spinach, asparagus, beetroot, broccoli
Vitamin K	Kale, silverbeet, parsley, Brussels sprouts, spinach
Vitamin E	Sunflower seeds, almonds, hazelnuts, olive oil, spinach
Potassium	Bananas, sweet potato, white beans, zucchini, mushrooms
Vitamin C	Capsicum, oranges, strawberries, broccoli, kiwi fruit
Healthy fats (monounsaturated)	Olive oil, almonds, cashews, macadamias, peanuts
Fibre	Oats, chia seeds, wholegrain bread, carrots, pears

# CABBAGE



Micronutrient	Other Wholefood Sources
Vitamin C	Capsicum, broccoli, strawberries, oranges, kiwi fruit
Vitamin K	Kale, silverbeet, spinach, Brussels sprouts, parsley
Folate (B9)	Lentils, asparagus, avocado, beetroot, spinach
Fibre	Carrots, wholegrain bread, oats, chia seeds, apples
Glucosinolates (protective plant compounds)	Broccoli, cauliflower, Brussels sprouts, kale, turnip

# BEETROOT



Micronutrient	Other Wholefood Sources
Folate (B9)	Spinach, lentils, asparagus, broccoli, avocado
Manganese	Brown rice, oats, chickpeas, pineapple, spinach
Potassium	Sweet potato, bananas, zucchini, mushrooms, white beans
Vitamin C	Capsicum, oranges, kiwi fruit, strawberries, tomatoes
Nitrates (natural plant compounds that support blood flow)	Rocket, spinach, lettuce, celery, radish
Fibre	Carrots, rolled oats, apples, wholegrain bread, flaxseeds

# CORN



Micronutrient	Other Wholefood Sources
Folate (B9)	Lentils, spinach, asparagus, beetroot, avocado
Vitamin C	Capsicum, broccoli, strawberries, kiwi fruit, oranges
Thiamine (Vitamin B1)	Brown rice, sunflower seeds, pork, legumes, oats
Magnesium	Almonds, spinach, pumpkin seeds, black beans, rolled oats
Potassium	Sweet potato, bananas, mushrooms, zucchini, white beans
Fibre	Carrots, pears, oats, wholegrain bread, flaxseeds

# PEAS



Micronutrient	Other Wholefood Sources
Folate (B9)	Lentils, spinach, asparagus, beetroot, avocado
Vitamin C	Broccoli, capsicum, oranges, strawberries, kiwi fruit
Vitamin K	Kale, cabbage, spinach, Brussels sprouts, silverbeet
Thiamine (Vitamin B1)	Brown rice, sunflower seeds, oats, pork, legumes
Manganese	Pineapple, chickpeas, oats, spinach, brown rice
Fibre	Carrots, wholegrain bread, apples, rolled oats, chia seeds
Protein (for a vegetable)	Edamame, lentils, chickpeas, quinoa, black beans

# BRUSSELS SPROUTS



Micronutrient	Other Wholefood Sources
Vitamin C	Capsicum, broccoli, oranges, strawberries, kiwi fruit
Vitamin K	Kale, silverbeet, spinach, cabbage, parsley
Folate (B9)	Lentils, asparagus, avocado, beetroot, spinach
Potassium	Bananas, sweet potato, mushrooms, zucchini, white beans
Fibre	Pears, carrots, oats, wholegrain bread, chia seeds
Antioxidants (glucosinolates)	Broccoli, cabbage, kale, cauliflower, mustard greens

# CARROT



Micronutrient	Other Wholefood Sources
Vitamin A (as beta-carotene)	Sweet potato, pumpkin, silverbeet, capsicum, mango
Vitamin K	Kale, silverbeet, spinach, Brussels sprouts, parsley
Vitamin C	Capsicum, broccoli, oranges, kiwi fruit, strawberries
Potassium	Bananas, sweet potato, mushrooms, zucchini, white beans
Fibre	Pears, oats, wholegrain bread, chia seeds, apples

# SWEET POTATO



Micronutrient	Other Wholefood Sources
Vitamin A (as beta-carotene)	Carrots, pumpkin, silverbeet, capsicum, mango
Vitamin C	Capsicum, broccoli, oranges, strawberries, kiwi fruit
Potassium	Bananas, mushrooms, zucchini, white beans, sweet potato
Folate (B9)	Lentils, spinach, asparagus, beetroot, avocado
Magnesium	Almonds, spinach, pumpkin seeds, black beans, rolled oats
Fibre	Wholegrain bread, oats, carrots, pears, chia seeds

# APPLES



Micronutrient	Other Wholefood Sources
Vitamin C	Capsicum, oranges, strawberries, kiwi fruit, broccoli
Fibre	Pears, carrots, oats, wholegrain bread, chia seeds
Potassium	Bananas, sweet potato, mushrooms, zucchini, white beans
Vitamin K	Kale, silverbeet, spinach, Brussels sprouts, parsley

# BANANAS



Micronutrient	Other Wholefood Sources
Potassium	Sweet potato, mushrooms, zucchini, white beans, bananas
Vitamin B6	Chickpeas, potatoes, sunflower seeds, salmon, bananas
Vitamin C	Capsicum, oranges, strawberries, kiwi fruit, broccoli
Fibre	Pears, carrots, oats, wholegrain bread, chia seeds

# PEARS



Micronutrient	Other Wholefood Sources
Fibre	Carrots, oats, wholegrain bread, chia seeds, apples
Vitamin C	Capsicum, oranges, strawberries, kiwi fruit, broccoli
Potassium	Bananas, sweet potato, mushrooms, zucchini, white beans
Vitamin K	Kale, silverbeet, spinach, Brussels sprouts, parsley

# PINEAPPLE



Micronutrient	Other Wholefood Sources
Vitamin C	Capsicum, oranges, strawberries, kiwi fruit, broccoli
Manganese	Brown rice, oats, chickpeas, spinach, pineapple
Fibre	Pears, carrots, oats, wholegrain bread, chia seeds
Bromelain (enzyme that aids digestion)	Pineapple (unique source)

# BLUEBERRIES



Micronutrient	Other Wholefood Sources
Vitamin C	Capsicum, oranges, strawberries, kiwi fruit, broccoli
Vitamin K	Kale, silverbeet, spinach, Brussels sprouts, parsley
Manganese	Brown rice, oats, chickpeas, pineapple, spinach
Fibre	Pears, carrots, oats, wholegrain bread, chia seeds
Antioxidants (anthocyanins)	Blackberries, raspberries, red cabbage, cherries, eggplant

# STRAWBERRIES



Micronutrient	Other Wholefood Sources
Vitamin C	Capsicum, oranges, kiwi fruit, broccoli, strawberries
Folate (B9)	Lentils, asparagus, avocado, beetroot, spinach
Manganese	Brown rice, oats, chickpeas, pineapple, spinach
Fibre	Pears, carrots, oats, wholegrain bread, chia seeds
Antioxidants (flavonoids)	Blueberries, blackberries, raspberries, apples, red grapes

# LENTILS



Micronutrient	Other Wholefood Sources
Folate (B9)	Spinach, asparagus, beetroot, avocado, broccoli
Iron	Spinach, tofu, chickpeas, pumpkin seeds, red meat
Magnesium	Almonds, pumpkin seeds, spinach, black beans, rolled oats
Potassium	Bananas, sweet potato, mushrooms, zucchini, white beans
Fibre	Wholegrain bread, oats, carrots, apples, chia seeds
Protein	Chicken, beef, fish, eggs, tofu

# BLACK BEANS



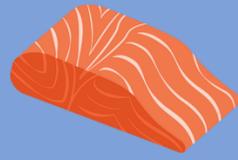
Micronutrient	Other Wholefood Sources
Folate (B9)	Lentils, spinach, asparagus, beetroot, avocado
Iron	Spinach, tofu, chickpeas, pumpkin seeds, red meat
Magnesium	Almonds, pumpkin seeds, spinach, black beans, rolled oats
Potassium	Bananas, sweet potato, mushrooms, zucchini, white beans
Fibre	Pears, carrots, oats, wholegrain bread, chia seeds
Protein	Chicken, beef, eggs, lentils, tofu

# CHICKPEAS



Micronutrient	Other Wholefood Sources
Folate (B9)	Lentils, spinach, asparagus, beetroot, avocado
Iron	Spinach, tofu, black beans, pumpkin seeds, red meat
Magnesium	Almonds, pumpkin seeds, spinach, black beans, rolled oats
Potassium	Bananas, sweet potato, mushrooms, zucchini, white beans
Fibre	Pears, carrots, oats, wholegrain bread, chia seeds
Protein	Chicken, beef, eggs, lentils, tofu

# SALMON



Micronutrient	Other Wholefood Sources
Omega-3 fatty acids (EPA & DHA)	Sardines, mackerel, trout, chia seeds, flaxseeds
Vitamin D	Eggs, sun-exposed mushrooms, fortified milk, cod liver oil, tuna
Vitamin B12	Shellfish, meat, eggs, dairy products, fortified cereals
Selenium	Brazil nuts, tuna, eggs, wholemeal bread, sunflower seeds
Protein	Chicken, beef, eggs, lentils, tofu
Potassium	Bananas, sweet potato, mushrooms, zucchini, white beans

# TUNA



Micronutrient	Other Wholefood Sources
Omega-3 fatty acids (EPA & DHA)	Salmon, mackerel, sardines, chia seeds, flaxseeds
Vitamin B12	Shellfish, meat, eggs, dairy products, fortified cereals
Selenium	Brazil nuts, eggs, wholemeal bread, sunflower seeds, salmon
Protein	Chicken, beef, eggs, lentils, tofu
Vitamin D	Salmon, eggs, sun-exposed mushrooms, fortified milk, cod liver oil
Potassium	Bananas, sweet potato, mushrooms, zucchini, white beans

# CHEESE



Micronutrient	Other Wholefood Sources
Calcium	Milk, yoghurt, sardines (with bones), kale, tofu (calcium-set)
Vitamin B12	Meat, fish, eggs, fortified cereals, shellfish
Phosphorus	Meat, dairy products, nuts, seeds, wholegrain bread
Protein	Eggs, chicken, beef, lentils, fish
Vitamin A	Carrots, pumpkin, sweet potato, spinach, mango

# YOGHURT



Micronutrient	Other Wholefood Sources
Calcium	Milk, cheese, sardines (with bones), silverbeet, tofu (calcium-set)
Vitamin B12	Meat, fish, eggs, fortified cereals, shellfish
Protein	Chicken, beef, eggs, lentils, fish
Potassium	Bananas, sweet potato, mushrooms, zucchini, white beans
Probiotics (beneficial bacteria)	Kefir, sauerkraut, kimchi, miso, kombucha

# BEEF



Micronutrient	Other Wholefood Sources
Iron	Spinach, lentils, tofu, pumpkin seeds, chickpeas
Zinc	Oysters, beef, pumpkin seeds, chickpeas, cashews
Vitamin B12	Fish, eggs, dairy products, shellfish, fortified cereals
Protein	Chicken, eggs, fish, lentils, tofu
Selenium	Brazil nuts, tuna, eggs, wholemeal bread, sunflower seeds

# PORK



Micronutrient	Other Wholefood Sources
Thiamine (Vitamin B1)	Brown rice, sunflower seeds, oats, legumes, pork
Protein	Chicken, beef, eggs, lentils, fish
Vitamin B12	Meat, fish, eggs, dairy products, shellfish
Iron	Red meat, spinach, lentils, chickpeas, tofu
Zinc	Beef, oysters, chickpeas, pumpkin seeds, cashews

# CHICKEN



Micronutrient	Other Wholefood Sources
Protein	Beef, eggs, fish, lentils, tofu
Vitamin B6	Bananas, potatoes, chickpeas, sunflower seeds, salmon
Niacin (Vitamin B3)	Chicken, tuna, peanuts, brown rice, mushrooms
Phosphorus	Dairy products, meat, lentils, pumpkin seeds, quinoa
Selenium	Brazil nuts, tuna, eggs, wholemeal bread, sunflower seeds

# EGGS



Micronutrient	Other Wholefood Sources
Vitamin B12	Meat, fish, dairy products, fortified cereals, shellfish
Vitamin D	Sun-exposed mushrooms, salmon, sardines, fortified milk, cod liver oil
Choline	Beef liver, chicken, salmon, soybeans, peanuts
Selenium	Brazil nuts, tuna, wholemeal bread, sunflower seeds, eggs
Vitamin A	Carrots, pumpkin, sweet potato, spinach, mango
Protein	Chicken, fish, lentils, beef, tofu