

ANIMAL FOODS ARE THE REAL SUPERFOODS



PER 100 g	Blueberries	Kale	Ribeye	Beef Liver	Fish Roe	Egg Yolk
Vitamin A Retinol	0	0	5 mcg	4968 mcg	90 mcg	191 mcg
Thiamin (B1)	trace	0.1 mg	0.1 mg	0.2 mg	0.3 mg	0.2 mg
Riboflavin (B2)	trace	0.3 mg	0.2 mg	2.8 mg	0.7 mg	0.5 mg
Niacin (B3)	0.4 mg	1.2 mg	3.6 mg	13.2 mcg	1.8 mg	0.02 mg
Vitamin B6	0.05 mg	0.1 mg	0.4 mg	1.1 mg	0.2 mg	0.4 mg
Biotin (B7)	0.5 mg	0	trace	42 mcg	100 mcg	55 mcg
Folate (B9)	6 mcg	62 mcg	3 mcg	290 mcg	80 mcg	146 mcg
Vitamin B12	0 mcg	0 mcg	3 mcg	59.3 mcg	10 mcg	2 mcg
Vitamin C*	9.7 mg	93 mg	3.5 mg	25 mg	16 mg	0
Vitamin D	0	0	4 IU	49 IU	484 IU	218 IU
Vitamin E (mg)	0.6 mg	0.7 mg	0.1 mg	0.4 mg	7 mg	2.6 mg
Vitamin K2	0	0	15 mcg	263 mcg	1 mcg	34 mcg
Calcium	6 mg	254 mg	6 mg	5 mg	22 mg	129 mg
Choline	6 mg	0.4 mg	57 mg	333 mg	335 mg	820 mg
Copper	0.05 mg	0.15 mg	0.1 mg	9.8 mg	0.1 mg	0.1 mg
Iron	0.3 mg	1.6 mg	2.6 mg	4.9 mg	0.6 mg	2.7 mg
Magnesium	6 mg	33 mg	24 mg	18 mg	20 mg	5 mg
Phosphorous	12 mg	55 mg	210 mg	387 mg	402 mg	390 mg
Potassium	77 mg	348 mg	357 mg	313 mg	221 mg	109 mg
Selenium	0.1 mcg	0.9 mcg	24 mcg	40 mcg	40 mcg	56 mcg
Zinc	0.2 mg	0.4 mg	7.8 mg	4 mg	1 mg	2.3 mg

This chart does not take nutrient bioavailability into consideration. Studies show that b-complex vitamins and minerals have lower bioavailability in plant foods.

Murphy, Suzanne P., et al., (2003). Nutritional Importance of Animal Source Foods. *The Journal of Nutrition*, 133(11), 3932S-3935S.

* "The USDA did not measure vitamin C in meat and thus reported its content as zero. Muscle meat, does in fact contain vitamin C. Meat is also known to cure scurvy.

Descalzo, AM, et al., (2007). Antioxidant status and odour profile in fresh beef from pasture or grain-fed cattle. *Meat Science*, 75(2): 299-307.