



a little representation of

THE NUTRIENT DIVERSITY IN FOODS



2nd Edition - Septembre 2025

GOOD TO KNOW:

The following tables are meant to give a general representation of the diversity of the nutrients available in the different food sources.

Limitations:

- The information shared here are an average based on the usual amount of nutrients available in a food. The presence of these nutrients will vary depending on its origin, growth environment, freshness and many other factors, for example a tomato grown in a controlled greenhouse won't have the same nutrients as a tomato grown under the sun. Consuming good quality foods will always be the smartest choice.
- I chose to take into account only nutrients that filled at least 8% of the Average Daily Value (when the information was available).
- This document doesn't show the volume of nutrients in said food sources, that means that although a food may have a low variety of nutrient it may be a big amount of it (like the antioxydants in pomegranates) and same goes for the opposite.



If your goal is to build and maintain a rich and balanced diet, try to consume many different food sources, fresh and cooked, be curious for the ones you may not know and add them to what you already eat overtime.

Informations on the calorie count and nutrient diversity will vary from sources to sources. I chose to pick (almost) all of the informations from Precision Nutrition's encyclopaedia which seems reliable enough.

For more infos and recipes check [here](#)

VEGETABLES

Vegetables are slow digesting carbohydrates. Consuming various, good quality fruits and vegetables can have a positive impact on blood pressure, reduce the risk of heart disease and stroke, prevent types of cancers, lower risks of eye and digestive problems and have a positive effect on blood sugar.

Nutrients that can be found in dark green leafy vegetables:

- Vitamin A, E, K,
- Vitamin B, C,
- Dietary fibers,
- Minerals (iron, magnesium, potassium, calcium).

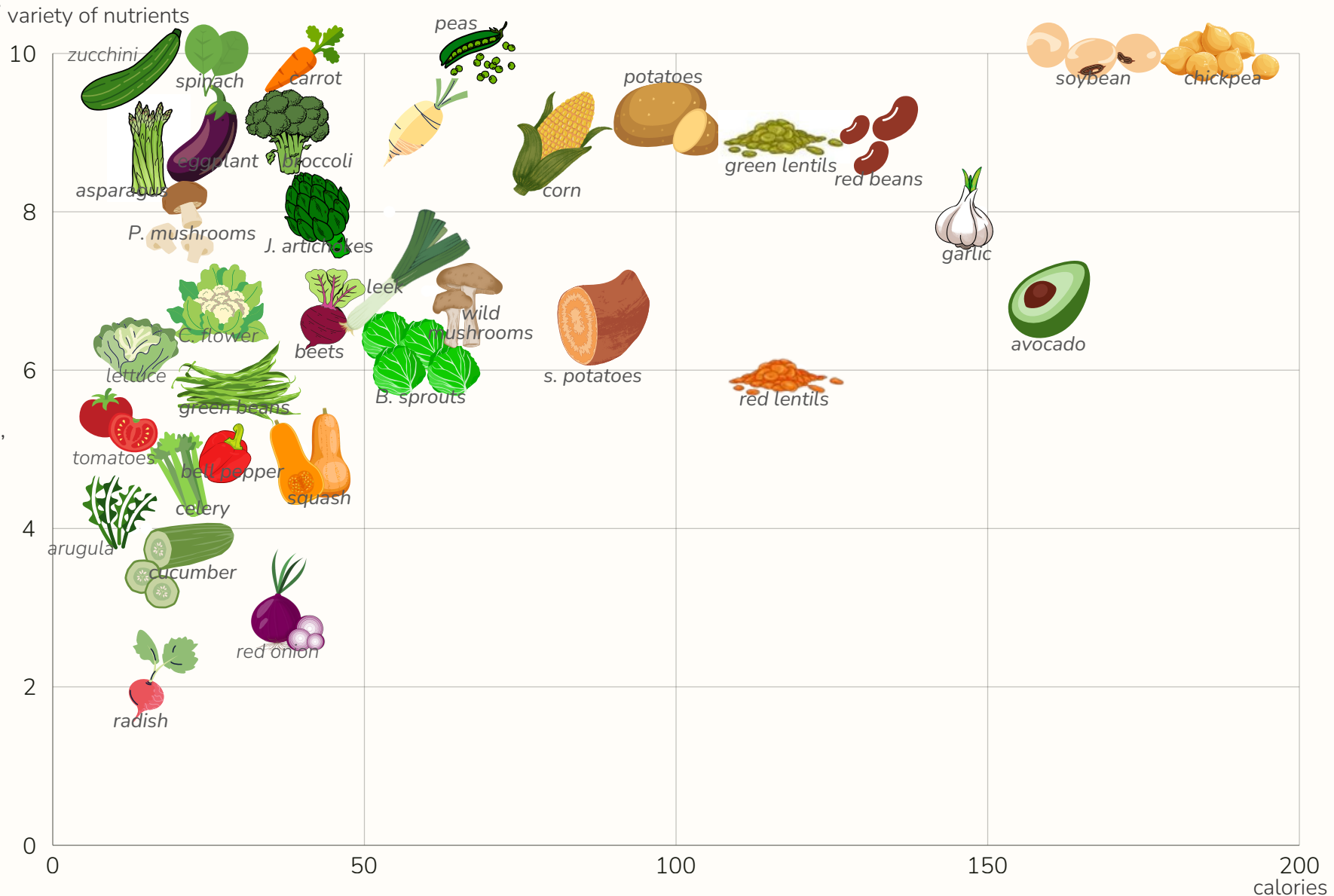
In leguminous:

- Proteins,
- Dietary fibers,,
- Vitamin B,
- Minerals (iron, magnesium, calcium, zinc),
- Aminoacid (lysine).

Carb rich vegetables:

- Leguminous,
- Broccoli,
- Carrots,
- Corn,
- Potatoes,
- Squash,
- Zucchini...

1g = 4kcal



FRUITS

Fruits can be fast or slow digesting carbohydrates. They promote digestion, are rich in vitamins and minerals essential to our health and are a great snack option for quick boosts and sweet tooth.

Nutrients that can be found in citrus fruits:

- Vitamin B, C,
- Dietary fibers,
- Carotenoids,,
- Minerals (potassium, phosphorus),
- Folic acid (B9),
- Flavonoids..

In red fruits:

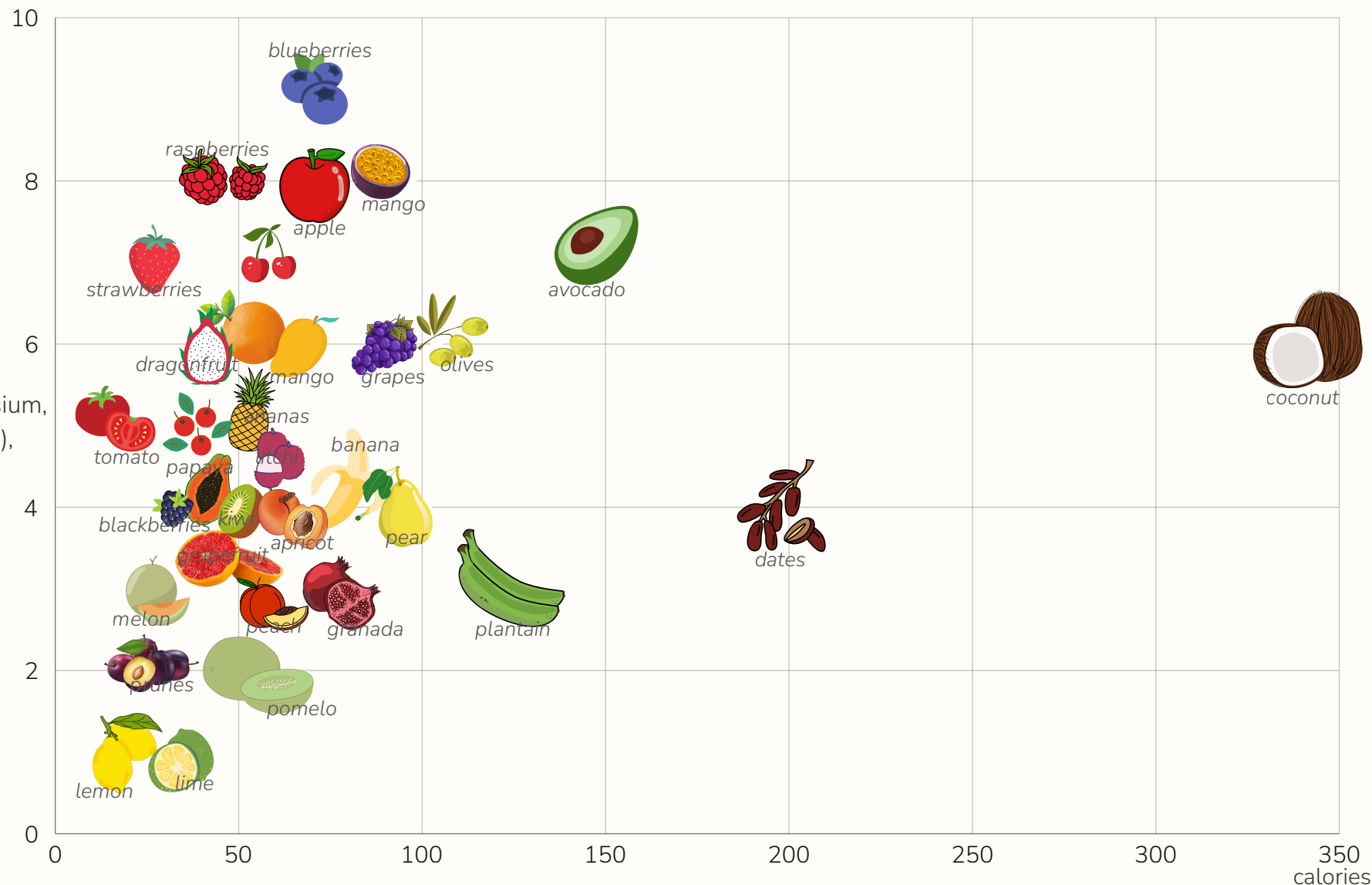
- Vitamin A, C, E,
- Folic acid (B9),
- Minerals (phosphorus, potassium, calcium, magnesium, manganese, copper, sodium),
- Dietary fibers,
- Antioxidants.

In tropical fruits:

- Vitamine A, C,
- Dietary fibers,
- Manganese
- Carotenoids,
- Antioxydants.

1g = 4kcal

variety of nutrients



CARBOHYDRATES

Refining grains (= stripping away the bran and the germ from the endosperm) leads to a major loss of nutrients in the food, the whiter the grain: the less nutrients left. Simple carbs are absorbed faster than other nutrients and provide quicker boosts of energy. Complex carbs (richer in fibre) are absorbed more slowly, support digestion and a more steady release of energy.

Gluten free grains:

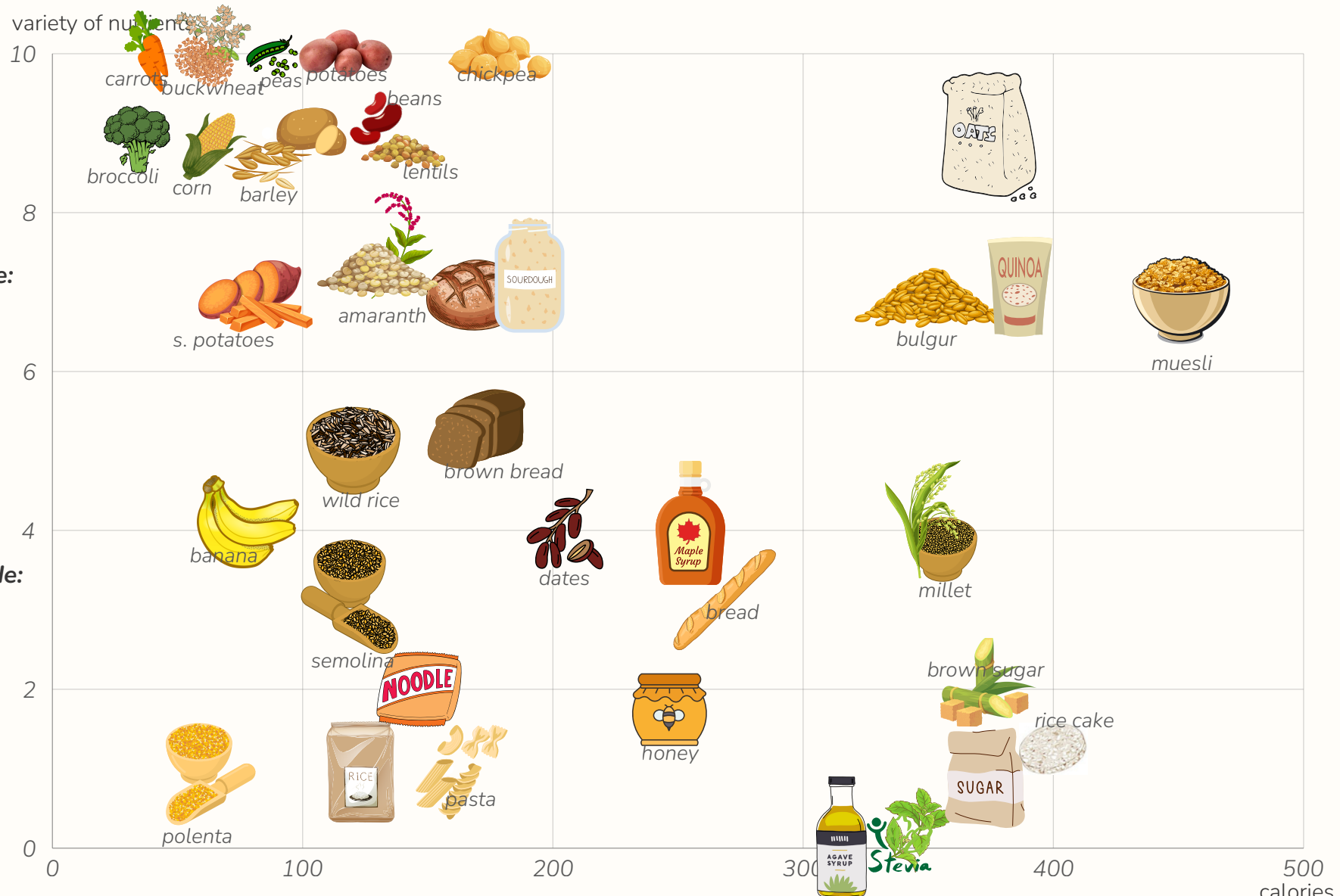
- Quinoa,
- Oats,
- Buckwheat
- Corn,
- Rice,
- Amaranth...

Fast digesting carbs include:

- White bread,
- White pasta/rice,
- Rice milk,
- Banana,
- Grapes,
- Watermelon,
- Dates...

Slow digesting carbs include:

- Vegetables,
- Beans, lentils, peas,
- Nuts,
- Whole grains,
- Almond and soy milk,
- Cheddar, mozzarella, yogurt, etc.



1g = 4kcal

* Note that fruits, vegetables and legumes are part of the carbohydrate group, this table focuses on grains.

ANIMAL & PLANT PROTEINS

Proteins are made up of amino acids that are responsible for our structure, hormones, enzymes, immune chemicals and protein transport. The quality and quantity of nutrients present in our food will depend on the quality of the animal's food, grass fed animals have had a better life and have a better meat than the grain fed ones.

Where to find B12 vitamin (cobalamin):

- Liver & kidney,
- Beef,
- Sardines & tuna,
- Clams, crab & oysters,
- Salmon & trout,
- Eggs,
- Fermented foods,
- B12 fortified foods...

Sources high in sodium:

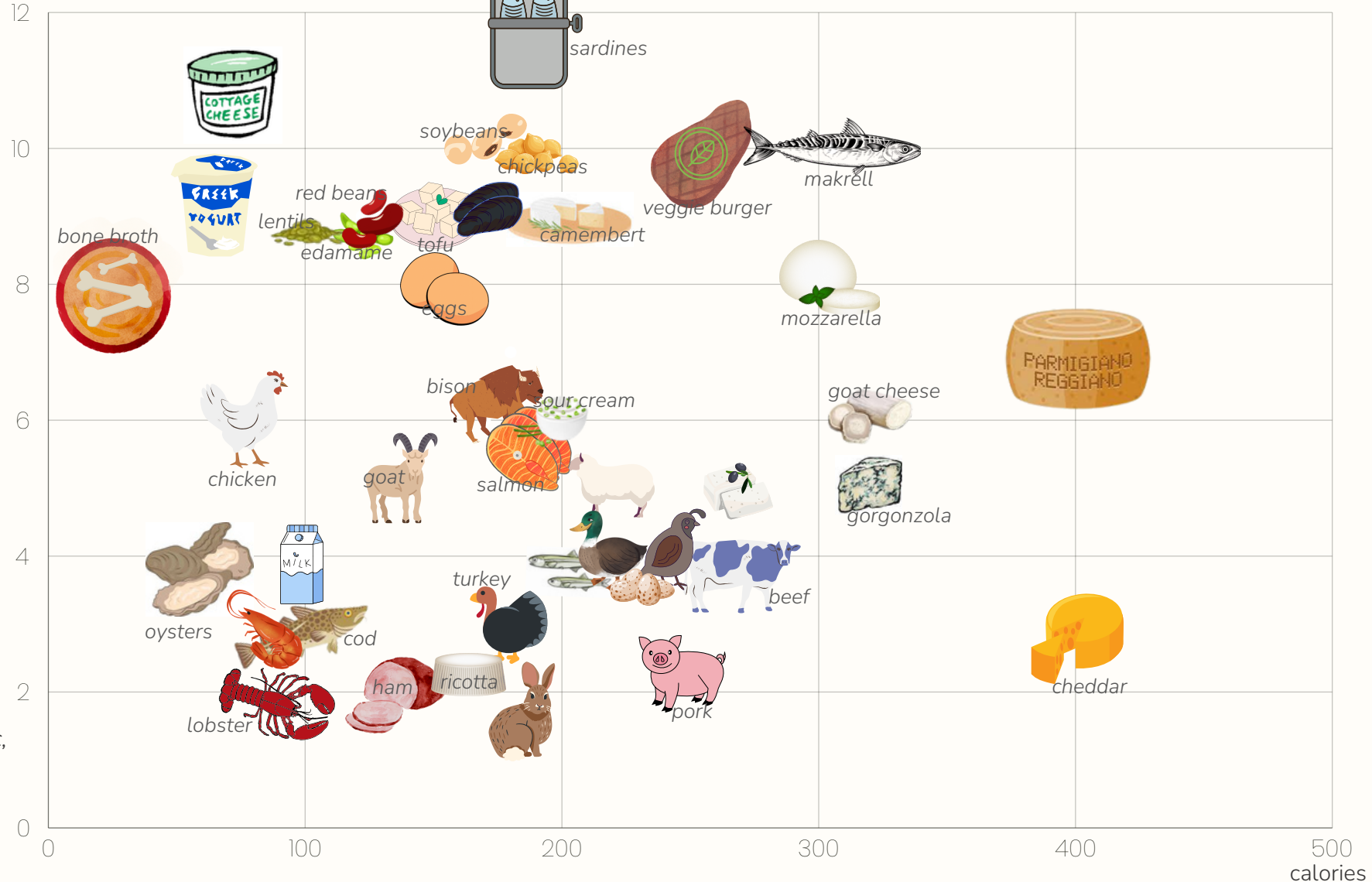
- Cheese,
- Plant based "meat",
- Tempeh,
- Processed fish,
- Processed meat...

Nutrients found in cheese:

- Vitamin A,
- Vitamin B2 (riboflavin),
- Vitamin B12,
- Minerals (calcium, iron, phosphorus, sodium, zinc, selenium)...

1g = 4kcal

variety of nutrients



LIPIDS

Dietary fats have major roles: they manufacture and balance hormones, form our cells membranes, brain and nervous system, help transport fat-soluble vitamins and provide 2 essential fatty acids (omega 3 and 6) that the body can't make. While the calorie count of lipids seems high, it is very rare to consume more than a few grams of things such as oil, butter and seeds.

Nutrients that can be found in nuts:

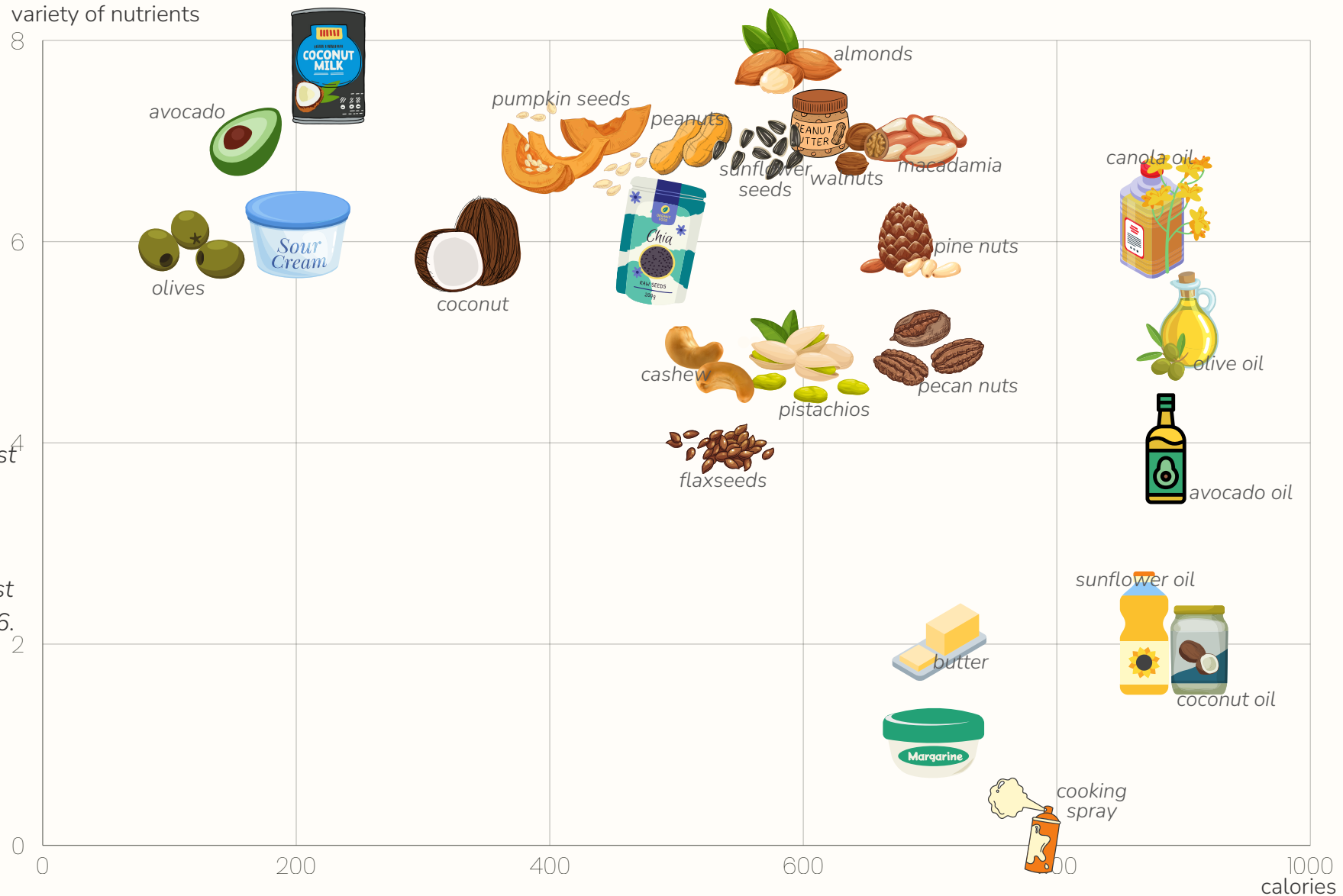
- Vitamin A, C, E,
- Minerals (magnesium, manganese, phosphorus, potassium, copper, calcium)
- Omega 3...

About oils:

- Extra virgin olive oil with protected designations tend to have the highest quality,
- Canola oil is the healthiest to cook with, it's low in saturated fats and rich in omega 3 and 6,
- Sunflower oil isn't the best as it's very rich in omega 6.

Cheese can be both in the protein and lipids group.

1g = 9kcal



Got a question?
Want to know more?
Let me know!

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