

## Vitamins and Minerals Present in the Components of a Raw Diet

Nutrient/Vitamin/Mineral	Present in:
Vitamin A (Retinol)	chicken, pork, egg, salmon, halibut, haddock, sardines, liver, kidney, brain, tuna
Vitamin B1 (Thiamin):	liver, rabbit, chicken, turkey, pork, lamb, goat, ostrich, buffalo, egg, beef, salmon, halibut, haddock, sardine
Vitamin B2 (Riboflavin):	liver, heart, kidney, rabbit, chicken, turkey, pork, lamb, goat, ostrich, buffalo, egg, beef, salmon, halibut, haddock, sardine
Vitamin B3 (Niacin):	rabbit, chicken, turkey, pork, lamb, goat, ostrich, buffalo, egg, beef, salmon, halibut, haddock, sardine, tuna
Vitamin B5 (Pantothenic acid):	liver, heart, kidney, rabbit, chicken, turkey, pork, lamb, goat, ostrich, buffalo, egg, beef, salmon, halibut, haddock, sardine
Vitamin B6 (Pyridoxine):	liver, heart, kidney, rabbit, chicken, turkey, pork, lamb, goat, ostrich, buffalo, egg, beef, salmon, halibut, haddock, sardine
Vitamin B9 (Folic Acid):	liver, rabbit, chicken, turkey, pork, lamb, goat, ostrich, buffalo, egg, beef, salmon, halibut, haddock, sardine
Vitamin B12 (cobalt/choline):	liver, heart, kidney, rabbit, chicken, turkey, pork, lamb, goat, ostrich, buffalo, egg, beef, salmon, halibut, haddock, sardine
Vitamin C:	liver, kidney, heart, fish
Vitamin D:	egg, sardine, liver, kidney, salmon, tuna
Vitamin E:	ostrich, buffalo, egg, halibut, haddock, sardine, kidney, liver, brain
Vitamin K	egg, halibut, haddock, sardine, liver
Calcium	rabbit, chicken, turkey, pork, lamb, goat, ostrich, buffalo, egg, beef, salmon, halibut, haddock, sardine
Chlorine	egg, salmon, tuna
Copper	chicken, turkey, pork, lamb, goat, ostrich, buffalo, egg, beef, salmon, halibut, haddock, sardine
Iodine	salmon, haddock, seafood, egg
Iron:	rabbit, chicken, turkey, pork, lamb, goat, ostrich, buffalo, egg, beef, salmon, halibut, haddock, sardine
Magnesium	rabbit, chicken, turkey, pork, goat, ostrich, buffalo, egg, beef, salmon, halibut, haddock, sardine
Manganese	rabbit, chicken, turkey, pork, goat, ostrich, buffalo, egg, beef, salmon, haddock, halibut, sardine
Phosphorus	rabbit, turkey, pork, lamb, goat, ostrich, buffalo, egg, beef, salmon, halibut, haddock, sardine
Potassium	rabbit, chicken, turkey, pork, lamb, goat, ostrich, buffalo, egg, beef, salmon, halibut, haddock, sardine
Selenium	rabbit, chicken, turkey, pork, lamb, goat, ostrich, buffalo, egg, beef, salmon, halibut, haddock, sardine
Zinc	rabbit, chicken, turkey, pork, lamb, goat, ostrich, buffalo, egg, beef, salmon, halibut, haddock, sardine

\*If a specific organ is not listed, the nutrient is present in the flesh of the animal listed\*

USDA Database:  
[http://www.nal.usda.gov/fnic/cgi-bin/nut\\_search.pl](http://www.nal.usda.gov/fnic/cgi-bin/nut_search.pl)

USDA Database:  
[http://www.nal.usda.gov/fnic/foodcomp/Data/SR16-1/wtrank/wt\\_rank.html](http://www.nal.usda.gov/fnic/foodcomp/Data/SR16-1/wtrank/wt_rank.html)

Nutrient Requirements of Dogs (1985):  
<http://books.nap.edu/books/0309034965/html/index.html>

Foodchart:  
<http://www.healthyeatingclub.com/info/books-phds/books/foodfacts/html/data/data1a.html>