

Vitamin / element	Role & Function	Found in
Vitamin A	Essential for vision, wound healing and immune system	Liver, carrot, tuna, sweet potato, butter, pumpkin, Cheddar cheese, egg, papaya, mango, pea, milk.
Vitamin D	Plays a central role in bone metabolism	Catfish, herring, salmon, mackerel, sardines, tuna, eel, egg yolk, beef liver, butter.
Vitamin K (K₁ & K₂)	Crucial for blood coagulation (clotting) and bone metabolism	Vitamin K ₂ is mainly produced by "good" bacteria in the large bowel, and also found in meat, eggs, and dairy products. Vitamin K ₁ is found in parsley, leafy green vegetables, avocado.
Vitamin E	A fat-soluble antioxidant that protects vitamin A and essential fatty acids from oxidation, it prevents breakdown of body tissues and supports the healing process	Pumpkin, sweet potato, mango, avocados, beet, papaya, rice, oats, ginger.
Vitamin C	An essential antioxidant. Is responsible for collagen synthesis and supports immune system function	Vegetables and fruit are good source of vitamin C. The richest sources are: rose hip, red pepper, parsley, papaya, mango, potato, ginger, watermelon, etc.
Folate	The naturally occurring form of Folic acid (Vitamin B ₉) Plays an important role in the formation of red blood cells in addition to the reproduction, immune system defence)	Leafy vegetables, beans, lentils, egg yolks, baker's yeast, liver, whole wheat flour, liver, kidney, watermelon.
Iron	Responsible for the transport of oxygen in the blood and is also essential for immune system function	Liver, red meat, fish and poultry, beans, leaf vegetables, tofu, pineapple and small amount in apple and ginger (iron from animal sources is more easily absorbed than from plants)
Magnesium	A trace mineral required for energy and electrolyte metabolism and for heart and muscle contraction	Soya beans, plantain, soya milk, tofu, whole grain cereal, oatmeal, long-grain rice, avocado, liver, fish (tuna, pollock, haddock) milk and dairy products, bananas.
Calcium	Required for bone metabolism and plays an important part in the functioning of the heart, kidneys, lungs, nerves, muscles, and blood clotting	Milk, cheese, yoghurt, tofu, summer squash.
Potassium	Important for the energy and electrolyte metabolism, for heart and muscle function, regulation of blood pressure.	Plantain, papaya, bananas, oat bran, soya flour, cucumber, pears, mangoes, avocado, squash, sweet peppers, potatoes, eggplant, turmeric, parsley, tuna, dairy products, meat, cocoa
Zinc	One of the most important trace elements in the human body: necessary for growth, sexual development, regenerative processes, night vision, immune defence, wound healing, skin and hair, the sense of taste and appetite	Liver, beef, pork, lamb, poultry, eggs, milk, cheese, salmon, yeast, whole wheat bread and cocoa.

The foods in this table exclude those not well tolerated in a flare and the list is in order (ranked by the amount of vitamin / mineral that can be found on that group of foods)