

Special Nutrients for Fertility

Choline

Food	Amount per Serving
Beef liver, 3oz	356 mg
Egg, 1	147 mg
Edamame, ½ cup	107 mg
Beef, 3oz	72 mg
Chicken, 3oz	72 mg
Kidney beans, ½ cup	45 mg

Selenium

Food	Amount per Serving
Brazil nuts, 1oz	544 mcg
Yellowfin, 3oz	92 mcg
Halibut, 3oz	47 mcg
Sardines, 3oz	45 mcg
Turkey, 3oz	31 mcg
Egg, 1	15 mcg

Zinc

Food	Amount per Serving
Oysters, 3oz	74 mg
Beef, 3oz	7 mg
Crab, 3oz	6.5 mg
Pork loin, 3oz	2.9 mg
Pumpkin seeds, 1oz	2.2 mg
Cashews, 1oz	1.6 mg
Chickpeas, ½ cup cooked	1.3 mg

Vitamin B12

Food	Amount per Serving
Clams, 3oz	84 mcg
Beef liver, 3oz	70.7 mcg
Salmon, 3oz	4.8 mcg
Beef, 3oz	1.4 mcg
Cheese, 1oz	0.9 mcg
Egg, 1	0.6 mcg

Iron

Food	Amount per Serving
Chicken liver, 3oz	11 mg
Oysters, 3oz	8 mg
White beans, 1 cup	8 mg
Beef liver, 3oz	5 mg
Tofu, ½ cup	3.35 mg
Lentils, ½ cup cooked	3 mg
Beef tenderloin, 3oz	3 mg
Sardines, 3oz	2 mg

Folate

Food	Amount per Serving
Beef liver, 3oz	215 mcg
Spinach, ½ cup cooked	131 mcg
Black-eyed peas, ½ cup cooked	105 mcg
Asparagus, ½ cup	80 mcg
Brussel sprouts, ½ cup	90 mcg
Romaine, ½ cup	64 mcg
Avocado, ½ cup	59 mcg