

Common Carnivore foods

Vitamin/mineral	Beef (100g)	Beef Liver (3 oz)(85g)	Beef Heart (3 oz)(28g)	chicken liver (1 oz ) (28g)	Pork (134g)	Lamb (1 steak, 262g)	Venison (135g)	Cod (231g)
<b>A</b>				3732 IU (75%)				92.4 IU (2%)
<b>B1 (thiamine)</b>	.1 mg (3%)	.1 mg (4%)	.1 mg (6%)	.1 mg (5%)	.7 mg (46%)	.3 mg (19%)	.3 mg (17%)	.2 mg (12%)
<b>B2 (riboflavin)</b>	.1 mg (7%)	1 mg (56%)	1 mg (61%)	.6 mg (33%)	.3 mg (15%)	.7 mg (43%)	.5 mg (30%)	.2 mg (9%)
<b>B3 (niacin)</b>	6.7 mg (34%)	4.9 mg (25%)	5.7 mg (28%)	3.1 mg (15%)	11.9 mg (60%)	17.3 mg (87%)	8.6 mg (43%)	4.8 mg (24%)
<b>B5 (pantothenic acid)</b>		2 mg (20%)	1.4 mg (14%)	1.9 mg (19%)	.8 mg (8%)	1.8 mg (18%)	.9 mg (9%)	.4 mg (4%)
<b>B6</b>	.7 mg (33%)	.3 mg (14%)	.2 mg (10%)	.2 mg (11%)	.9 mg (43%)	.4 mg (18%)	.7 mg (36%)	.6 mg (28%)
<b>B7 (Biotin)</b>	3.8 mcg (13%)	30.8 mcg (103%)			3.8 mcg (13%)			
<b>B9 (folate)</b>	13 mcg (3%)	70.8 mcg (18%)	4.3 mcg (1%)	162 mcg (40%)	3 mcg	44.5 mcg (11%)	10.2 mcg (3%)	16.2 mcg (4%)
<b>B12 (cobalamin)</b>	1.3 mcg (21%)	19.8 mcg (329%)	9.2 mcg (153%)	4.7 mcg (40%)	.7 mcg (12%)	6.6 mcg (110%)	2.3 mcg (39%)	2.1 mcg (35%)
<b>Choline</b>	65.1 mg	119 mg	194 mg	81.2 mg	93.7 mg			151 mg
<b>C</b>		.5 mg (1%)		7.8 mg (13%)				
<b>D</b>								
<b>E</b>	.2 mg (1%)	.1 mg (1%)	.2 mg (1%)	.2 mg (1%)	.1 mg (1%)	.3 mg (2%)	.7 mg (3%)	
<b>K2</b>	.9 mcg (1%)	.9 mg (1%)	.4 mg (1%)					
<b>Calcium</b>	9 mg (1%)	1.7 mg	4.3 mg	3.1 mg	8 mg (1%)	28.8 mg (3%)	4.1 mg	37 mg (4%)
<b>Copper</b>		4 mg (200%)		.1 mg (7%)		.3 mg (15%)		
<b>Iron</b>	1.9 mg (10%)	1.8 mg (10%)	5.4 mg (30%)	3.3 mg (18%)	.7 mg (4%)	5.2 mg (29%)	4.3 mg (24%)	.9 mg (5%)
<b>Manganese</b>		.1 mg (5%)	1%	.1 mg (5%)		.1 mg (3%)		
<b>Magnesium</b>	23 mg (6%)	5.9 mg (1%)	17.9 mg (4%)	7 mg (2%)	32.2 (8%)	57.6 mg (14%)	30.6 mg (8%)	73.9 mg (18%)
<b>Phosphorous</b>	212 mg (21%)	139 mg (14%)	216 mg (22%)	113 mg (11%)	407 mg (41%)	479 mg (48%)	277 mg (28%)	469 mg (47%)
<b>Potassium</b>	342 mg (10%)	98.5 mg (3%)	186 mg (5%)	73.6 mg (2%)	693 mg (20%)	789 mg (23%)	385 mg (11%)	954 mg (27%)
<b>Protein</b>	23 g (46%)	8.1 g (16%)	24.2 g (48%)	6.8 g (14%)	32.8 g (66%)	64.5 g (129%)	32.1 mg (64%)	41.1g (82%)
<b>Selenium</b>	21.1 mcg (30%)	10.1 mcg (14%)	33.1 mcg (47%)	23.1 mcg (33%)	60.7 mcg (87%)	66.8 mcg (95%)	11.5 mcg (16%)	76.5 mcg (109%)
<b>Sodium</b>	55 mg (2%)	22.1 mg (1%)	50.1 mg (2%)	21.3 mg (1%)	314 mg (13%)	178 mg (7%)	45.9 mg (2%)	125 mg (5%)
<b>Zinc</b>	3.6 mg (24%)	1.5 mg (10%)	2.4 mg (16%)	1.1 mg (7%)	2.2 mg (15%)	10.8 mg (72%)	3.7 mg (25%)	1 mg (7%)

This is by no means an exhaustive list and contains mostly common foods in the carnivore diet. 2020 Data is extracted using US RDI data and Self Nutrition Data website. This chart assumes the best sources of carnivore foods, meaning meat/pork/game is pasture raised and grass fed or wild. Fish is wild caught.

Sources: <https://nutritiondata.self.com/>  
<http://www.whfoods.com/>  
<https://tools.myfooddata.com/>

Vitamin/mineral	Cod liver oil (1 teaspoon)	Salmon (1/2 fillet-4 oz-154 g) wild	Canned salmon (100g serving)skin and bones	Tuna (white, canned in water) (5 oz/ 172g)	Sardines/herring 1 can (3.75 oz) (92g)	oysters (3 oz)(85g)	Clams (3 oz)(85g)
<b>A</b>	4501 IU (90%)	79 IU (2%)	57 IU (1%)	34.4 IU (1%)	99.3 IU (2%)	255 IU (5%)	513 IU (10%)
<b>B1 (thiamine)</b>		.4 mg (28%)	(2%)	1%	.1 mg (5%)	.1 mg (9%)	.1 mg (9%)
<b>B2 (riboflavin)</b>		.7 mg (44%)	.2 mg (11%)	.1 mg (4%)	.2 mg (12%)	.1 mg (8%)	.4 mg (21%)
<b>B3 (niacin)</b>		15.5 (78%)	6.5 (33%)	10 mg (50%)	4.8 mg (24%)	1.1 mg (5%)	2.9 mg (14%)
<b>B5 (pantothenic acid)</b>		3 mg (30%)	.5 mg (5%)	.2 mg (2%)	.6 mg (6%)	.2 mg (2%)	
<b>B6</b>		1.5 mg (73%)	.3 mg (15%)	.4 mg (19%)	.2 mg (8%)	.1 mg (4%)	.1 mg (5%)
<b>B7 (Biotin)</b>		5 mcg (17%)		.7 mcg (3%)			
<b>B9 (folate)</b>		44.7 mcg (11%)	15 mcg (4%)	3.4 mcg (1%)	11 mcg (3%)	7.6 mcg (2%)	24.6 mcg (6%)
<b>B12 (cobalamin)</b>		4.7 mcg (78%)	4.4 mcg (73%)	2 mcg (34%)	8.2 mcg (137%)	16.3 mcg (271%)	84.1 mcg (1401%)
<b>Choline</b>			87.8 mg	50.4 mg	78.2 mg	68.9 mg	68.9 mg
<b>C</b>						4.3 mg (7%)	18.8 mg (31%)
<b>D</b>	450 IU (113%)		624 IU (156%)		250 IU (63%)		
<b>E</b>			.6 mg (3%)	1.5 mg (7%)	1.9 mg (9%)	.7 mg (4%)	.5 mg (3%)
<b>K2</b>			.4 mcg	4.3 mcg (5%)	2.4 mg (3%)		.3 mcg
<b>Calcium</b>		23.1 mg (2%)	213 mg (21%)	24.1 mg (2%)	351 mg (35%)	38.2 mg (4%)	78.2 mg (8%)
<b>Copper</b>		.5 mg (25%)	.1 mg (5%)	.1 mg (3%)	.2 mg (9%)	3.8 mg (190%)	.6 mg (29%)
<b>Iron</b>		1.6 mg (9%)	.8 mg (5%)	1.7 mg (9%)	2.7 mg (15%)	5.7 mg (32%)	23.8 mg (132%)
<b>Manganese</b>		2%	1%	2%	.1 mg (5%)	.4 mg (19%)	.9 mg (43%)
<b>Magnesium</b>		57 mg (14%)	34 mg (8%)	56.8 mg (14%)	35.9 mg (9%)	45.9 mg (11%)	15.3 mg (4%)
<b>Phosphorous</b>		394 mg (39%)	329 mg (33%)	373 mg (37%)	451 mg (45%)	118 mg (12%)	287 mg (29%)
<b>Potassium</b>		967 mg (28%)	326 mg (9%)	408 mg (12%)	365 mg (10%)		534 mg (15%)
<b>Protein</b>		39.2 g (78%)	20 g (40%)	40.6 g (81%)	22.7 g (45%)	11 g (22%)	21.7 g (43%)
<b>Selenium</b>		72.1 mcg (103%)	33.2 mcg (47%)	113 mcg (161%)	48.5 mcg (69%)	30.4 mcg (43%)	41.3 mcg (59%)
<b>Sodium</b>		86.2 mg (4%)	554 mg (23%)	648 mg (27%)	465 mg (19%)	95.2 mg (4%)	95.2 mg (4%)
<b>Zinc</b>		1.3 mg (8%)	.9 mg (6%)	.8 mg (6%)	1.2 mg (8%)	77.3 mg (515%)	2.3 mg (15%)



Vitamin/mineral	Mussels (3 oz) (85g)	Chicken, roasted, meat and skin (100g)	chicken gizzards (1 cup (145g)chopped)	Cricket flour (2 Tablespoons)
<b>A</b>	258 IU (5%)	83 IU (2%)		
<b>B1 (thiamine)</b>	.3 mg (17%)	.1 mg (4%)		3%
<b>B2 (riboflavin)</b>	.4 mg (21%)	.1 mg (8%)	.3 mg (18%)	
<b>B3 (niacin)</b>	2.6 mg (13%)	7.4 mg (37%)	4.5 mg (23%)	
<b>B5 (pantothenic acid)</b>	.8 mg (8%)	.9 mg (9%)	.7 mg (7%)	
<b>B6</b>	.1 mg (4%)	.4 mg (18%)	.1 mg (5%)	
<b>B7 (Biotin)</b>				
<b>B9 (folate)</b>	64.6 mcg (16%)	5 mcg (1%)	7.3 mcg (2%)	
<b>B12 (cobalamin)</b>	20.4 mcg (340%)	.3 mcg (4%)	1.5 mcg (25%)	(270%)
<b>Choline</b>			151 mg	
<b>C</b>	11.6 mg (19%)			
<b>D</b>				
<b>E</b>			.3 mg (1%)	
<b>K2</b>				
<b>Calcium</b>	28.1 mg (3%)	12 mg (1%)	24.7 mg (2%)	
<b>Copper</b>	.1 mg (6%)	.1 mg (3%)	.2 mg (12%)	
<b>Iron</b>	5.7 mg (32%)	1.3 mg (7%)	4.6 mg (26%)	
<b>Manganese</b>	5.8 mg (289%)	1%	.1 mg (5%)	
<b>Magnesium</b>	31.5 mg (8%)	20 mg (5%)	4.4 mg (1%)	
<b>Phosphorous</b>	242 mg (24%)	179 mg (18%)	274 mg (27%)	
<b>Potassium</b>	228 mg (7%)	211 mg (6%)	260 mg (7%)	
<b>Protein</b>	20.2 g (40%)	24 g (48%)	44.1 g (88%)	11 g (22%)
<b>Selenium</b>	76.2 mcg (109%)	23.6 mcg (34%)	59.6 mcg (85%)	
<b>Sodium</b>	314 mg (13%)	73 mg (3%)	81.2 mg (3%)	
<b>Zinc</b>	2.3 mg (15%)	1.5 mg (3%)	6.4 mg (43%)	



Vitamin/mineral	Eggs (1 large)	Whole milk (1 cup)	Butter (1 TB - 14 g)
<b>A</b>	293 IU (6%)	249 IU (5%)	350 IU (7%)
<b>B1 (thiamine)</b>	2%	.1 mg (7%)	
<b>B2 (riboflavin)</b>	.3 mg (15%)	.4 mg (26%)	
<b>B3 (niacin)</b>		.3 mg (1%)	
<b>B5 (pantothenic acid)</b>	.7 mg (7%)	.9 mg (9%)	
<b>B6</b>	.1 mg (3%)	.1 mg (4%)	
<b>B7 (Biotin)</b>	10 mcg	.3 mcg	
<b>B9 (folate)</b>	22 mcg (5%)	12.2 mcg (3%)	
<b>B12 (cobalamin)</b>	.6 mcg (9%)	1.1 mg (18%)	
<b>Choline</b>	113 mg	34.9 mg	2.6 mg
<b>C</b>			
<b>D</b>		97.6 IU (24%)	7.8 IU (2%)
<b>E</b>	.5 mg (3%)	.1 mg (1%)	.3 mg (2%)
<b>K2</b>		.5 mg (1%)	
<b>Calcium</b>	25 mg (2%)	276 mg (28%)	
<b>Copper</b>			1%
<b>Iron</b>	.6 mg (3%)		
<b>Manganese</b>		1%	
<b>Magnesium</b>	5 mg (1%)	24.4 mg (6%)	
<b>Phosphorous</b>	86 mg (9%)	222 mg (22%)	3.4 mg
<b>Potassium</b>	63 mg (2%)	349 mg (10%)	3.4 mg
<b>Protein</b>	6.3 g (13%)	7.9 g (16%)	.1 g
<b>Selenium</b>	15.4 mcg (22%)	9 mcg (13%)	.1 mcg
<b>Sodium</b>	62 mg (3%)	97.6 mg (4%)	80.6 mg (3%)
<b>Zinc</b>	.5 mg (4%)	1 mg (7%)	

