

STAYING WELL

Foods Rich in Nutrients

The healthiest diets are those which include a wide variety of wholesome foods. Below is a list of key nutrients and their top food sources.

Vitamin C - May protect against some cancers, cataracts, and heart disease; helps wounds heal; keeps skin, teeth, gums and bones healthy. *Red peppers, fresh orange juice, broccoli, grapefruit, green peppers, brussel sprouts.*

Vitamin B6 - Essential for the immune system, may help prevent heart disease. *Tuna, baked potato with skin, banana, salmon, pork, prune juice, beef, sweet potato.*



Potassium - Helps lower blood pressure and reduces risk of stroke. *Beet greens, avocado, dried apricots, beans, baked potato with skin, most fish, banana, Orange juice.*

Calcium - Maintains strong bones and teeth, helps regulate heartbeat and other muscles. *Dairy products, calcium fortified orange juice, fish cooked with bones.*

Vitamin E - Maintains cell membranes, protects Vitamin A and essential fatty acids from oxidation, prevents breakdown of body tissues. *Vegetable oils, whole-grains, dark green vegetables nuts, ready-to-eat fortified cereals.*

Folacin - May protect against heart disease and cervical cancer. *Fortified cereals, beans, spinach, oatmeal.*

Vitamin A - Helps you resist infection, good for night vision, helps in growth and repair of body tissues, helps maintain healthy skin. *Sweet potato, carrots, collard greens, apricots, cantaloupe, winter squash, pumpkin, liver, eggs, dairy products.*



Fiber - Although fiber is not a nutrient, it contributes greatly to good health, promotes regularity, and may protect against cancer and heart disease. *Beans, peas, raspberries, bulgur, rye wafers, wheat bran, whole-wheat pasta, oat bran, acorn squash, baked potato, with skin, some cereals.*

Iron - Delivers oxygen in the blood and muscles; good for immune system. *Liver and other organ meats, lean meat, egg yolks, whole grain and enriched breads and cereals, dark, leafy greens, dried fruit.*

Vitamin D - Works with calcium and phosphorus to keep bones healthy. The body makes Vitamin D when exposed to sunshine. *Fortified, milk, egg yolks, liver, salmon.*

Vitamin K - Essential for blood to clot; protects bones. *Kale, Swiss chard, turnip greens, broccoli, onions, some nuts, vegetable oils and meats.*



Niacin - Helps metabolize food; boosts "good" cholesterol, enhances circulation, reduces inflammation; protects the skin, nerves and digestive tract. *Chicken, beef, fish, whole grains, dried beans.*

A diet which includes a variety of foods provides of the nutrients you need to stay healthy!