



Protein builds, maintains and repairs each aspect of Our Body.
Chicken, Fish, Eggs, Soy, Beans, Nuts, Quinoa,
a compliment of Whole, Plant-Based Food.



Complex Carbohydrates provides energy for all we need to do !
Brown Rice, Oats, Whole/Sprouted Grains, Fruits, Vegetables



Healthy Fats provide energy; nervous, cardiovascular & immune system support & absorption of needed vitamins for muscle, bone & cartilage.
Nuts, Olive and Coconut Oils, Uncooked Flaxseed & Hempseed Oils,
Walnuts, Chia Seeds, Flaxseeds, Beans, Winter Squash,
Sardines, Wild Salmon, Tuna, Mussels, Rainbow Trout



Calcium is particularly important in building strong bones & teeth.
Dark Green, Leafy Vegetables, Broccoli, Oranges, Blackberries,
Almonds, Oats, Brown Rice, Dairy



Iron is an oxygen-carrying component of blood and assists us in feeling energetic.
Raisins, Avocado, Cherries, Dates, Figs, Grapes, Kiwi, Lemons, Strawberry,
Watermelon, Bok Choy, Butternut Squash, French Beans, Kale, Potatoes,
Pumpkin, Spirulina, Swiss Chard, Coconut, Cashews, Soy, Turkey



Vitamin A aids immunity, vision, skin, hair & bone growth.
Carrots, Squash, Pumpkin, Cantaloupes, Oranges, Papaya, Tomato,
Pecans, Sweet Potatoes, Kale, Broccoli, Chestnuts, Pecans,
Pistachios, Eggs, Cheddar And Cream Cheese



Vitamin C is very important, it protects us from cell damage and acts as an antiviral.
Grapefruit, Kiwi, Mango, Orange, Edamame, Bok Choy, Broccoli, Butternut Squash,
Green Pepper, Kale, Swiss Chard, Soy Beans, Chestnuts, Low-Fat Yogurt

Vitamin B creates energy, a healthy nervous system & lowers cholesterol.
Brown Rice, Whole And Sprouted Grains, Bananas, Avocado, Orange, Papaya,
Pineapple, Watermelon, Strawberries, Potatoes, Lentils, Chili Peppers,
Spirulina, Oats, Peanuts, Turkey, Tuna, Eggs and Dairy Products.

Drink Lots of Water

Key to making Healthy Eating WORK!

