

Eating optimal amounts of vitamins, minerals and antioxidants from food can be challenging, but it can be done with thoughtful eating. Nutrients in food are present in smaller quantities yet often bound with other nutrients that participate in their absorption and utilization. Making healthy choices *with consistency* can provide adequate intake of most nutrients. When lab values reveal dietary intake to be suboptimal or when specific doses are required to target specific actions, it can be beneficial to consume specific nutrients in supplement form. Below are food sources of some commonly recommended supplements and their general purpose.

**B Vitamins:** Promote energy and healthy moods. Supplementation may be necessary where therapeutic doses are needed. For example, addressing specific gene traits or using niacin to lower LDL cholesterol.

- Legumes/beans and nuts
- Leafy greens: kale, romaine, chard, spinach, collards, asparagus
- Meat, fish and poultry
- Whole grains: oats, wheat, rye, barley, quinoa, rice, farro, teff
- Egg yolks
- Dairy products
- Fortified cereals/grain products---usually more processed, not highly recommended
  - Fortification does not provide the active forms of folate and B12 thought to be preferable

**Vitamin C:** Powerful antioxidant that works with our immune systems to protect from disease.

- Citrus fruits: oranges, tangerines, clementine, grapefruit, lemon, lime
- Tomatoes, fresh—heat destroys Vitamin C
- Kiwi, cantaloupe, papaya, mango, berries
- Broccoli—heat destroys Vitamin C

**Vitamin D:** for absorption of calcium, bone health, immune support, and moods

- Mushrooms are the richest plant source of Vitamin D---- Food Sources of Vitamin D and Calcium found below
- Fortified nut milks and cow's milk, yogurt, halibut, oysters, shrimp, soy nuts

**Calcium:** bone health, muscle contraction, nervous system support

- Plant sources are many--- Food Sources of Vitamin D and Calcium found below
  - Raspberries, quinoa, almonds, leafy greens are just a few
- Cheese, yogurt, kefir, milk
  - Varieties that contain fat will improve absorption

**Magnesium:** muscle relaxation, heart health and moods

- Whole grains, nuts, seeds, black beans, edamame, kidney beans, yogurt, kefir, spinach

**Vitamin K:** bone and heart health

- Leafy greens: kale, broccoli, chard, spinach, lettuces
- Gut bacteria---probiotics make a significant amount of K, include fermented foods, supplement
  - Kefir, some yogurts, kombucha, sauerkraut, kim chee, pickled vegetables

**Glutathione:** Immune function and energy regulation

- Watermelon
- Cruciferous vegetables: broccoli, Brussels sprouts, cabbage, cauliflower,
- Spinach

**Omega 3:** anti-inflammatory throughout the body, heart and brain health

- Fish: salmon, tuna, sardines, mackerel, anchovies
- Eggs with DHA (chickens are fed algae which contains DHA)
- Flax, walnuts, chia: contain ALA which is not efficiently converted to EPA/DHA found in fish
  - ALA has its own anti-inflammatory benefits, yet different from EPA/DHA
- Supplements derived from algae contain DHA only--- important in vegan/vegetarian diets
  - DHA is readily converted to EPA and back to DHA as needed

**Zinc:** Supports immune system by driving enzymatic functions

- Oysters
- Whole grains
- Beans, chickpeas, cashews, almonds
- Milk, red meat, chicken

**Selenium:** Antioxidant, supports immune function, reproduction and thyroid function---toxic in large doses

- Brazil nuts, 1-2 per day provides ~150-300% of the Recommended Daily Allowance—limit due to high selenium content
- Tuna, halibut, sardines, shrimp, turkey, eggs
- Lentils, oatmeal, whole wheat bread

**Turmeric and Ginger:** anti-inflammatory, may modulate pain, support immune, heart, and joint health

How to use:

- Add to smoothies or Acai bowls, add ½ to 1 inch
- Grate turmeric into salads or stir-fry
- Use powdered (as in dried spice form) in soups, curries, salad dressings
- Juice into 'shots' OR add to fresh pressed juices