



**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!

