

FOODS TO LOOK FOR



CHOLINE

(BRAIN DEVELOPMENT)

- Eggs
- Chicken
- Soybeans



IODINE

(THYROID + BRAIN FUNCTION)

- Milk
- Yogurt
- Eggs
- Iodized salt



IRON

(OXYGEN + BRAIN DEVELOPMENT)

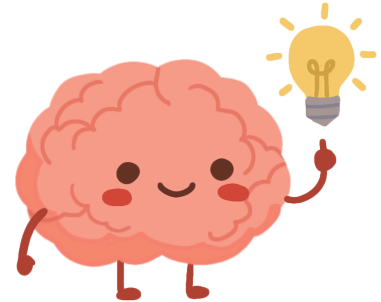
- Tofu
- Lean red meat
- Chicken
- Beans and lentils
- Spinach



ZINC

(GROWTH + IMMUNE FUNCTION)

- Meat (beef, chicken)
- Beans
- Dairy
- Nuts and seeds
- Tofu
- Fortified cereal



OMEGA-3

(BRAIN + NERVE FUNCTION)

- Salmon
- Tuna
- Sardines
- Walnuts



PROTEIN

(GROWTH + TISSUE REPAIR)

- Eggs
- Chicken
- Greek yogurt
- Beans
- Nut butters
- Tofu