

FOODS TO FOCUS ON



CHOLINE

(BRAIN DEVELOPMENT, LIVER FUNCTION)

- Eggs
- Quinoa
- Soyfoods (tofu, edamame)



IODINE

(THYROID + BRAIN FUNCTION)

- Milk
- Yogurt
- Eggs
- Iodized salt



IRON

(ENERGY + OXYGEN TRANSPORT)

- Beans and lentils
- Tofu
- Pumpkin seeds
- Spinach
- Lean red meat



CALCIUM

(BONE + MUSCLE FUNCTION)

- Calcium-set tofu
- Dairy
- Fortified plant milk



OMEGA-3

(BRAIN + NERVE FUNCTION)

- Fatty fish (salmon, tuna, sardines)
- Chia seeds
- Flaxseeds
- Walnuts



PROTEIN

(GROWTH + TISSUE REPAIR)

- Lentils and beans
- Tofu / tempeh
- Greek yogurt
- Nuts and seeds
- Eggs



VITAMIN D

(BONE + MUSCLE FUNCTION)

- Fortified milk or plant milk
- Eggs
- Salmon, tuna, and sardines