

get balanced! @ the grocery store...

Sources of **Vitamin A** for healthy skin & bones...

- Apricots
- Butter
- Cantaloupe
- Carrots
- Cayenne pepper
- Chard
- Cheese
- Eggs
- Kale
- Leafy greens
- Milk
- Prunes
- Red bell pepper
- Spinach
- Sweet potato
- Winter squash

Sources of **Vitamin C** for a robust immune system...

- Blueberries
- Bok Choy
- Brussels sprouts
- Cabbage
- Cantaloupe
- Cherries
- Cranberries
- Fennel
- Grapefruit
- Guava
- Honeydew
- Kiwi
- Leafy greens
- Mango
- Melons
- Oranges
- Papaya
- Potatoes
- Radish
- Red bell pepper
- Snap/Snow peas
- Strawberries
- Tomatoes
- Watermelon

Sources of **Vitamin K** to keep your blood flowing...

- Alfalfa sprouts
- Basil
- Brussels sprouts
- Cabbage
- Chard
- Collard greens
- Edamame
- Pomegranate
- Rhubarb
- Spinach
- Thyme

Sources of **Vitamin B12** for an active metabolism...

- Beef
- Cheese
- Chicken
- Eggs
- Milk
- Turkey

Sources of **Vitamin D** for strong bones & teeth...

- Cheese
- Eggs
- Milk
- Salmon
- Tuna
- Yogurt

What else?...

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Sources of **Calcium** for healthy skin & bones...

- Almonds
- Baked beans
- Brown sugar
- Corn
- Cottage cheese
- Fortified cereals
- Fortified orange juice
- Fortified soymilk
- Leafy green vegetables
- Low fat cheese
- Oatmeal
- Oranges
- Peanuts
- Peas
- Pink salmon
- Sardines
- Sesame seeds
- Skim or 2% milk
- Tofu
- Tortillas
- White beans

Sources of **Fiber** for good digestion...

- Black beans
- Black olives
- Coriander
- Dates
- Figs
- Green olives
- Kidney beans
- Mushrooms
- Nuts/Seeds
- Pinto beans
- Popcorn
- Raisins

Sources of **Folic Acid** for new cell formation...

- Leafy greens
- Whole grains
- Legumes

Sources of **Omega 3/6 Fatty Acids** for improved memory...

- Flaxseed
- Olive oil
- Salmon
- Sunflower kernels
- Tilapia
- Walnuts

Sources of **Potassium** for proper muscle function...

- Apricots
- Avocado
- Bananas
- Cantaloupe
- Kidney beans
- Lentils
- Lima beans
- Low fat milk
- Low fat yogurt
- Orange juice
- Papaya
- Pinto beans
- Potato
- Prunes
- Soybeans
- Spinach
- Sweet potato
- Swiss chard
- Tomato

What else?...

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