

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...

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

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

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| <input type="checkbox"/> Black beans | <input type="checkbox"/> Kidney beans |
| <input type="checkbox"/> Black olives | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Coriander | <input type="checkbox"/> Nuts/Seeds |
| <input type="checkbox"/> Dates | <input type="checkbox"/> Pinto beans |
| <input type="checkbox"/> Figs | <input type="checkbox"/> Popcorn |
| <input type="checkbox"/> Green olives | <input type="checkbox"/> Raisins |

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

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|---------------------------------------|----------------------------------|
| <input type="checkbox"/> Leafy greens | <input type="checkbox"/> Legumes |
| <input type="checkbox"/> Whole grains | |

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

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|------------------------------------|--|
| <input type="checkbox"/> Flaxseed | <input type="checkbox"/> Sunflower kernels |
| <input type="checkbox"/> Olive oil | <input type="checkbox"/> Tilapia |
| <input type="checkbox"/> Salmon | <input type="checkbox"/> 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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