

Food Sources of Nutrients Your Body Needs

By Dr. Karen Prentice

Sources of Calcium

- Dairy Products-milk, cheese, yogurt, sour cream, cottage cheese, Soy Milk fortified with calcium, Tofu, and Tempeh
- Almond or Rice Milk fortified with calcium
- Orange Juice fortified with calcium
- Sardines
- Calcium fortified ready to eat cereal
- Kale, spinach, mustard greens, and broccoli
- Okra, rutabaga, bok choy
- Dried figs
- Corn tortillas made traditional way (corn soaked in slaked lime-calcium hydroxide)

Sources of B12

- Fish, shellfish
- Meat
- Poultry-turkey or chicken
- Eggs
- Dairy Products-milk, cheese, yogurt, sour cream, cottage cheese
- Soy Milk and soy products fortified with B12
- Rice Milk fortified with B12
- Breakfast cereals fortified with B12

Sources of Zinc

- Dairy
- Eggs
- Whole grains that have not been refined
- Beans-white beans, kidney beans and chick peas
- Seeds
- Nuts

Sources of Vitamin D

- Sun
- Oily Fish-salmon, shrimp, tuna, sardines, mackerel
- Dairy-milk, cheese, yogurt, sour cream, cottage cheese
- Soy or Rice Milk fortified with Vitamin D
- Orange Juice fortified with Vitamin D
- Egg yolks
- Button or Shiitake Mushrooms
- Breakfast cereal fortified with Vitamin D
- Pork
- Beef

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Sources of Iron

- Meat
- Poultry
- Seafood
- Beans-lentils, white beans, kidney beans, chick peas, and split peas
- Enriched whole grains
- Spinach, Kale, Turnip Greens
- Pumpkin and Squash Seeds
- Iron fortified ready to eat cereals
- Dried fruits

*Special note: eating a food with Vitamin C such as oranges and strawberries while eating an iron rich food helps with iron absorption.

Sources of Protein

- Eggs
- Dairy Products
- Soy Milk and Soy Products such as tofu, tempeh, edamame and soy burgers
- Meat, Poultry, Fish
- Beans
- Seeds
- Nuts and Nut Butter
- Whole Grain-such as brown rice, quinoa, whole wheat pasta