

KEY NUTRIENTS

Aim to increase these nutrients to improve health...

NUTRIENT	BENEFIT	SHOP SMART
Dietary Fiber	• Lowers cholesterol • Decreases risk of type 2 diabetes and heart disease • Regulates digestion	• Fruits and vegetables • Whole grains • Beans • Nuts and seeds
Vitamin D	• Bone health • Muscle and nerve regulation • Immune health	• Fatty fish (mackerel, salmon) • Fortified dairy • Fortified cereals • Whole eggs
Calcium	• Bone health • Hormone regulation • Regulate blood flow	• Milk, yogurt & cheese • Green vegetables (kale, broccoli) • Fortified soy products • Fortified cereals • Fish with soft bones (canned sardines, and salmon)
Potassium	• Regulates fluid balance • Muscle movement • Heart rate and blood pressure regulation • Kidney function	• Fruits (bananas, oranges, raisins, melon) • Vegetables (kale, broccoli, spinach, potatoes) • Beans • Dairy products
Iron	• Oxygen capacity of red blood cells • Iron needs during pregnancy increase due to fetal growth	• Red meat • Fish, mollusks (clams, oysters) • Dark leafy greens • Beans and lentils • Fortified cereals • Dried apricots & prunes

