



FOODS HIGH IN **MAGNESIUM**

- Milk
- Yogurt
- Lean Meat
- Apricots
- Bananas
- Figs
- Prunes
- Raisins

- Brown rice
- Granary
 - bread
- Wholemeal
 - bread
- Whole wheat
 - pasta
- Nuts

- Pulses
- Courgettes
- Green leafy vegetables
- Okra
- Parsnips
- Peas
- Sweet Corn

FOODS HIGH IN SELENIUM

- Salmon
- Tuna
- Cheese
- Eggs
- Milk
- Chicken

- Lean Meat
- Liver
- Mackerel
- Onion
- Green
 - vegetables

- Garlic
- Brazil nuts
- Cashew Nuts
- Sunflower seeds
- Whole wheat bread

FOODS HIGH IN

Brown rice

breads

Cheese

- Lobster
- Wholegrain Mussels

 - Oysters

 - Sardines
- Goose Kidney
- Lean red meat
- Turkey
- Venison
- Crab Duck
- Plant-based sources of protein (vegetarian & vegan friendly)

FOODS HIGH IN CALCIUM

- Almonds
- Brazil nuts
- Hazelnuts
- Broccoli
- Curly kale
- Okra
- Spinach
- Watercress
- Tofu
- Figs

- Sesame seeds
- Dried apricot
- Pulses (beans, lentils, and peas)
- Calcium-enriched soya cheeses and milks
- Seafood
 (mackerel, oysters, pilchards, salmon, sardines)

FOODS HIGH IN IRON

- Apricots
- Licorice
- Figs
- Prunes
- Raisins
- Lentils
- , ______
- Broccoli
- Curly kale
- Peas
- Spinach

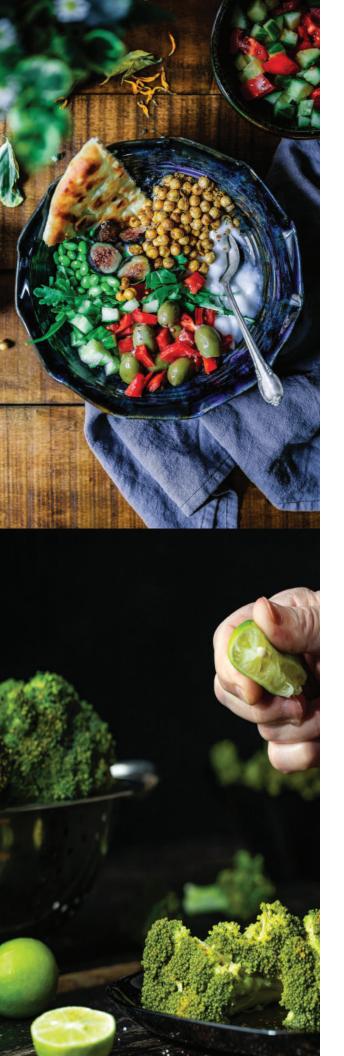
- Savoy cabbage
- Watercress
- 4 1 1
- Nuts
- Blackcurrants
- Whole grain
 - cereals
- Wholemeal
 - bread
- Beans (including
 - baked beans)

- Eggs
- Poultry
- Liver
- Kidney
- Mackerel
- Oysters
- Sardines
- Tuna
- Lean red
 - meat









FOODS HIGH IN **PROTEIN**

Eggs

- Almonds
- Lean Beef
- Oats
- Chicken Breast
- Quinoa

Tuna

- Lentils
- Cottage Cheese Ø Broccoli

Milk

- Brussel
- Turkey Breast
- sprouts

FOODS HIGH IN FIBER

Peas

- Lentils
- Broccoli
- Artichokes

Figs

- Avocado
- Berries
- Pears
- Cereal
- Brown Rice
- Beans

FOODS HIGH IN VITAMIN A

- Carrots
- Sweet Potatoes
- Winter Squash
- Cantaloupe
- Apricots
- Spinach
- Kale
- Collard Greens

FOODS HIGH IN VITAMIN B

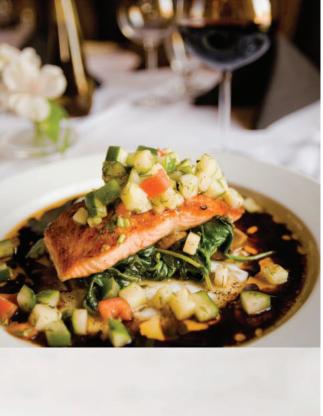
- Meat
- Poultry
- Fish
- Eggs
- Milk
- Seafood (including mussels and oysters)

FOODS HIGH IN VITAMIN C

- Papaya
- Citrus Fruits
- Strawberries
- Bell Peppers
- Broccoli

- Brussels Sprouts
- Dark leafy greens, such as kale, mustard greens, and chard
- ✓ Plant-based sources of protein (vegetarian & vegan friendly)









FOODS HIGH IN VITAMIN D

- Salmon
- Herring
- Catfish
- Trout
- Oysters
- Milk
- Eggs
- Shiitake mushrooms

FOODS HIGH IN VITAMIN K

- Kale
- Romaine Lettuce
- Spinach
- Parsley
- Collard greens
- Brussels Sprouts
- Swiss chard
- Broccoli
- Turnip greens
- Asparagus
- Mustard Greens

FOODS HIGH IN VITAMIN

- Almonds
- Bell Peppers
- Spinach
- Asparagus
- Swiss Chard
- Sunflower
- Turnip greens
- seeds
- Plant-based sources of protein (vegetarian & vegan friendly)