



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 ZINC

Brown rice

Wholegrain

breads

Cheese

• Crab

- Lobster
- Mussels
- Oysters
- Sardines
- Duck

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

www.successiblelife.com

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 s oya cheeses and milks
- Seafood
 (mac kerel, oysters,
 pilcha rds, salmon,
 sa rdines)

FOODS HIGH IN IRON

- Apricots
- Licorice
- **∌** Figs
- Prunes
- Lentils
- , ______
- Curly kale
- Peas
- Spinach

- S avoy cabbage
- Watercress
- Nuts
- **●** Blac kcurrants
- - ce reals
- Wholemeal
 - b read
- Beans (including)
 - ba ked beans)

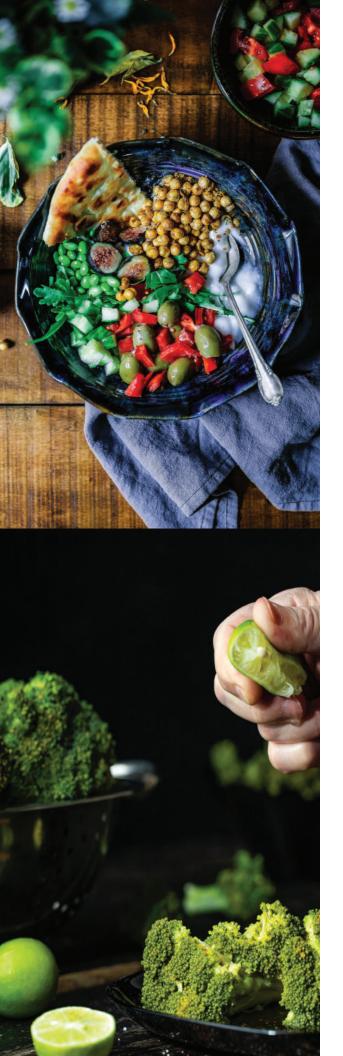
- Eggs
- Poultry
- Li ver
- Kidn ey
- Mac kerel
- Oysters
- Sa rdines
- Tuna
- Lean red
 - meat



www.successibleli fe.com







FOODS HIGH IN PROTEIN

- Eggs
- Lean Beef
- Chic ken Breast
- Tuna
- Cottage Cheese
- Milk
- Turkey Breast

- Almonds
- Oats
- Quinoa
- Lentils
- B roccoli
- Brussel
 - sp routs

FOODS HIGH IN FIBER

- Peas
- B roccoli
- Figs
- Berries
- Ce real
- Beans

- Lentils
- A rtichokes
- Avocado
- Pears
- B rown Rice

Plant-based sou rces of protein (vegetarian & vegan friendly)

www.successibleli fe.com

FOODS HIGH IN VITAMIN A

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

FOODS HIGH IN VITAMIN B

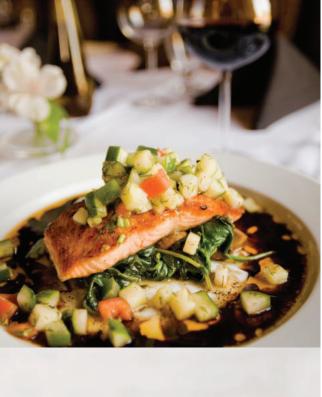
- Meat
- Poultry
- Fish
- Eggs
- Milk
- Seafood (including mussels and oysters)

FOODS HIGH IN VITAMIN C

- Papaya
- Brussels Sprouts
- Citrus Fruits
- Dark leafy greens,
- Strawberries
- such as kale, mustard
- Bell Peppers
- greens, and chard
- Broccoli

www.successiblelife.com







FOODS HIGH IN VITAMIN D

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

FOODS HIGH IN VITAMIN K

- Kale
- Spinach
- Parsley
- Collard greens
- Brussels Sprouts
- Swiss chard
- Broccoli
- 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)

www.successiblelife.com