

Nutrients Explained


Nutrients to focus on



Food Sources

(Note this is not a comprehensive list)

Nutrients to focus on



- Eggs*
- Lentils, quinoa, chickpeas, hummus
- Spinach, kale
- Meats, especially red meats
- Organic liver, organ meats




- Eggs*
- Brussel sprouts (cooked)
- Beans: kidney, navy, soy*
- Lentils, quinoa
- Broccoli, cauliflower, collards




- Cow's milk (after 1 year of age)
- Egg yolk *
- Fortified soy* or pea milk
- Vitamin D drops




- Cow's milk (after 1 year of age)
- Spinach, kale, broccoli, collards
- Tahini*
- Chia seeds
- Yogurt*, Kefir



- Kefir (cow's* or coconut)
- Prebiotics feed the beneficial bacteria found in probiotics
- Any fermented food, really
- Sauerkraut



- Meats
- Beans, peas, lentils, chickpeas
- Nuts*, seeds*, nut/seed butters*
- Wholegrains, chia seeds
- Fish, especially Tuna and Salmon



- Dairy products*
- Meats and organ meats
- Nori (seaweed)
- Eggs*