

NUTRITION 101

LESSON 2

Nutrient & Food Source Chart

	FOOD SOURCE	HOW IT HELPS
VITAMIN C	peppers, broccoli, oranges, lemons, tomato, cauliflower, cucumber, cranberries	<ul style="list-style-type: none">• Helps you from getting sick• Helps your bruises, cuts and scrapes heal
B VITAMINS	sunflower seeds, spinach, mushrooms, dairy, fish, eggs, asparagus, chicken, beef	<ul style="list-style-type: none">• Gives us energy• Helps protect our brains and muscles
VITAMIN A	carrots, pumpkin, sweet potato, papaya, cantaloupe, winter squash	<ul style="list-style-type: none">• Improve your eyesight• Helps fight off infections• Good for the skin
VITAMIN D	salmon, shrimp, milk, eggs and sunshine	<ul style="list-style-type: none">• Keeps your bones, muscles and teeth strong• Gives your immune system strength
VITAMIN E	almonds, sunflower seeds, green leafy foods like spinach, lettuce and kale	<ul style="list-style-type: none">• Helps your body cells communicate• Very important in keeping your bones strong• Protects your skin from the sun
VITAMIN K	brussel sprouts, green beans, swiss chard, green peas, pumpkin seeds, kidney beans	<ul style="list-style-type: none">• When you get a cut, vitamin k helps it to scab• Helps your bruises, cuts and scrapes heal
POTASSIUM	celery, mushrooms, romaine lettuce, basil (eat some pesto), beets, apricots, pinto beans	<ul style="list-style-type: none">• Your muscles (heart!) and nerves love potassium
MAGNESIUM	swiss chard, spinach, almonds, soy beans, sesame seeds, beans: black and navy, pumpkin seeds	<ul style="list-style-type: none">• Helps muscles relax• Helps to strengthen your bones
PHOSPHORUS	pine nuts, eggs, chickpeas, brazil nuts, fish	<ul style="list-style-type: none">• Helps give you energy• Important for bone structure
CALCIUM	sesame seeds, cinnamon green foods: lettuce, spinach, green beans, fennel, cabbage dairy: yogurt, milk	<ul style="list-style-type: none">• Keeps your bones, and teeth strong• Helps your muscles move