

KEY NUTRIENTS IMPORTANT TO WOMEN'S HEALTH



B VITAMINS

Eating a varied whole food diet is the best way to ensure you get all B-group vitamins. Foods sources include: Whole grains (brown rice, barley, millet); Meat (red meat, poultry, fish); Eggs and dairy products (milk, cheese); Legumes (beans, lentils); Nuts and seeds (sunflower seeds, almonds); Vegetables (dark, leafy vegetables - broccoli, spinach); Fruits (citrus fruits, avocados, bananas).



VITAMIN D

Few foods contain vitamin D naturally, which has led to vitamin D being added to some foods (fortification). Good food sources of vitamin D include: Salmon; Sardines; Tuna; Mackerel; Liver; Egg yolks; Mushrooms; Shrimp; Fortified Milk and Margarines. Including these vitamin D rich foods in your diet, combined with getting outdoors to enjoy the sun, are the best ways us to prevent vitamin D deficiency.



MAGNESIUM

Good sources of magnesium include: Almonds; Spinach; Cashews; Peanuts; Green leafy vegetables; Soymilk; Oatmeal; Whole wheat bread; Avocado; Brown rice; Salmon; Mackerel; Tuna; Cacao; Legumes; Milk.



OMEGA-3 FATTY ACIDS

Good sources of omega-3 fatty acids include:- Fish and other seafood (especially cold-water fatty fish, such as salmon, mackerel, tuna, herring, and sardines); Nuts and seeds (such as flaxseed, chia seeds, and walnuts); Plant oils (such as flaxseed oil, soybean oil, and canola oil); Fortified foods (such as certain brands of eggs, yoghurt, juices, milk, soy beverages, and infant formulas).



IRON

The body absorbs two to three times more iron from animal sources than from plants. Some of the best animal sources of iron are: Red meat; Fish; Chicken; Turkey. Some of the best plant sources of iron are: Legumes; Nuts; Tofu; Baked potatoes; Cashews; Dark green leafy vegetables; Fortified breakfast cereals; Whole-grains and enriched breads.



CALCIUM

Foods high in calcium include: milk, cheese and other dairy foods; green leafy vegetables – such as curly kale, okra and spinach; soya drinks with added calcium; bread and anything made with fortified flour; fish where you eat the bones – such as sardines and pilchards.



ZINC

Foods high in zinc include: Meat; Shellfish; Legumes; Nuts & Seeds; Dairy; Eggs; Whole grains; Dark chocolate; Potatoes & Sweet potatoes; Green beans; Kale.