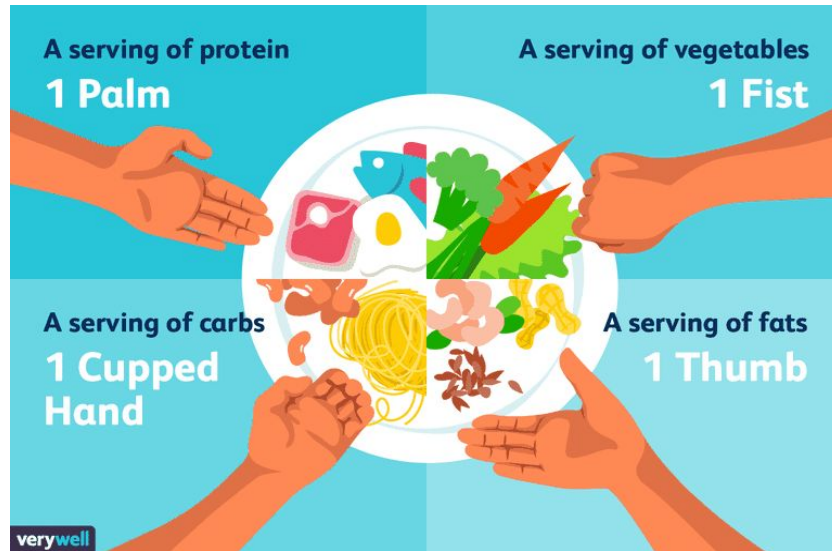


Foods you want to include & portion sizes!

One portion of fruit or veg is defined as 80g & is equivalent to: a small banana, apple or pear, a large mandarin or three heaped tablespoons of cooked vegetables such as broccoli, cauliflower or peas.

For protein sources like chicken or fish you will be looking at 3-4 oz which is approx. the size of a deck of cards.



Vitamin C – is a powerful antioxidant that helps our immune systems work their best – It may also help to reduce risks of chronic diseases – Improves Iron absorption – Help to protect memory as we age.

Commonly found sources:

Fruits:

- Citrus fruits: Lemons, Oranges, Grapefruits
- Cantaloupe, Watermelon
- Kiwi
- Mango, Papaya, Pineapple
- Strawberries, raspberries, blueberries, and cranberries

Vegetables:

- Broccoli, Brussel sprouts, and Cauliflower
- Green and Red Peppers
- Spinach, Cabbage, Turnip greens, and other leafy green veg
- Sweet and white potatoes
- Tomatoes and tomato juice
- Winter Squash

RDA is 75 mg a day – this would be approx. 1 small banana or 2 small oranges

Zinc – is considered to be a first responder against infections thus helping to support the immune system - Also important in the function of wound healing.

Commonly found sources:

- Meats like red meat, beef, lamb & pork along with oysters & shellfish
- Legumes like chickpeas, lentils & beans
- Seeds like hemp, flax, pumpkin & sunflower
- Nuts like pine nuts, almonds, & cashews
- Dairy foods like milk & cheese
- Whole grains like quinoa, rice & oats (note grains & legumes contain phytates that bind to zinc & reduce absorption so have them in moderation)
- Dark chocolate

RDA is 7.5 – 12 mg per day for women and 9.4 to 16 mg for men – serving size for the above foods is 100g

Magnesium – helps to support blood sugar & hormone balance – Increases energy & improves sleep

Commonly found sources:

- Green leafy vegetables (e.g. spinach and kale)
- Fruit (figs, avocado, banana and raspberries)
- Nuts and seeds
- Legumes (black beans, chickpeas and kidney beans)
- Vegetables (peas, broccoli, cabbage, green beans, artichokes, asparagus, brussels sprouts)
- Seafood (salmon, mackerel, tuna)

RDA for women is 300 mg daily and 350 mg daily for men

MUFAs & PUFAs – The ideal balance is 2:1 to 4:1 PUFA to MUFA ie. 2 portions of Avocado to 1 portion of Walnuts

MUFAs - Monounsaturated Fats containing Omega 7 & 9, are high in Vitamin E an antioxidant that helps protect your cells from damage. They are believed to help control insulin levels & improve heart health.

Commonly found sources:

- Avocados
- Peanut Butter & other Nut Butters
- Nuts (almonds, cashews, pecans & macadamias)
- Seeds (pumpkin & sunflower)
- Olives
- Olive, Peanut, Canola, Sesame, & Sunflower Oils

RDA of fat per day can vary - aim for between 15-30g for healthy consumption - if active up to 50g

PUFAs - Polyunsaturated Fats contain Omega 3 & 6. Omega 3s play a key role in growth & development, proper brain function, reducing inflammation & decreasing risk of chronic diseases like heart disease, arthritis & cancer. Omega 6s also play a part in growth & development but also regulate metabolism, stimulate hair growth & support the reproductive system.

Commonly found sources

- Soybean, Corn, Safflower Oils
- Salmon, Trout, Mackerel, Herring
- Walnuts
- Sunflower, Pumpkin, & ground Flax Seeds
- Tofu & Soya beans

RDA of fat per day can vary - aim for between 15-30g for healthy consumption - if active up to 50g

Variety is key in any diet but the right kinds of food can make all the difference. Including a good daily variety of fruits, veg, fish, nuts & seeds, fats from avocado, walnuts, olives or organic dairy can all have many health promoting benefits. So aim to include 1 item from each food group at each meal & you'll be setting yourself up for many more years of healthy living.



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