

Perfect Pairings

How to maximize nutrient absorption

VITAMIN C

- Strawberries
- Oranges
- Guava
- Bell Peppers
- Kiwi
- Papaya
- Broccoli

WITH

(Non-heme) IRON

- Spinach
- Lentils
- Soybeans
- Ground flaxseeds
- Raisins
- Fortified grains
- Kale

Dietary Fat

- Vegetable Oils
- Butter
- Avocado
- Nut butters
- Walnuts
- Almonds
- Fatty fish

WITH

Vitamins A, D, E, K

- Dark Leafy greens
- Orange Vegetables
- Red Vegetables
- Dairy Products
- Nuts/seeds

VITAMIN D

- Salmon
- Canned Tuna
- Tofu
- Mushrooms
- Eggs
- Fortified cereals
- Milk

WITH

CALCIUM

- Milk
- Cheese
- Yogurt
- Soybeans
- White beans
- Bok Choy
- Dried Figs