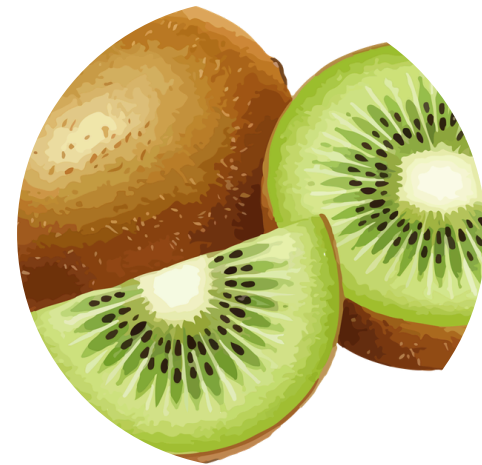


COMPARISON OF FIBER SOURCES

All of the below are “good sources” of fiber per serving (2.5-5 grams):



1 tbsp
chia seeds



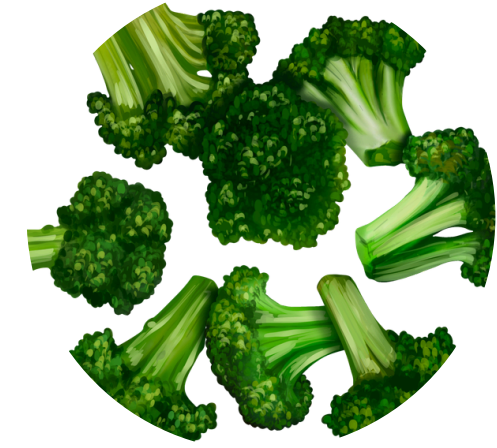
2 kiwis



1 tbsp ground
flaxseeds



2 cups raw
leafy greens



1 cup broccoli



1/2 cup
cooked beans



1/2 cup
raspberries



1/2 cup cooked
GF oats



3/4 cup cooked
quinoa



COMPARISON OF PROTEIN SOURCES

All of the below are 18-20 grams of protein per serving:



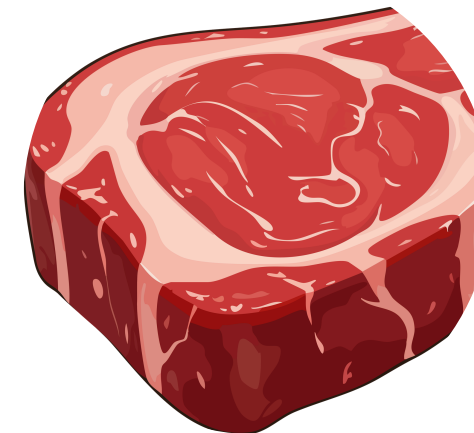
3 eggs



3 oz. chicken



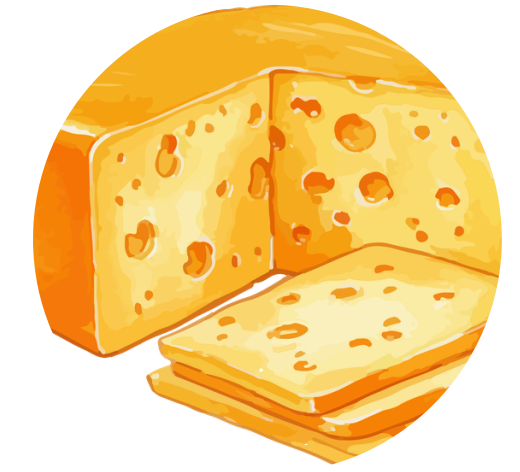
3 oz. salmon



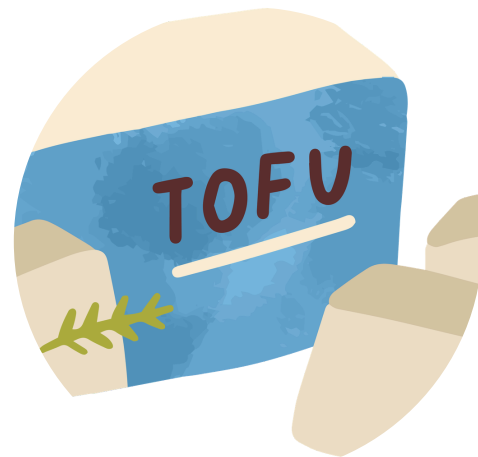
3 oz. beef



6 oz. Greek yogurt



2.5-3 oz. cheese



1 cup tofu



1 cup beans



1 cup lentils



2/3-1 cup
mixed nuts



2.5 cups cooked
quinoa



6 tbsp hemp
seeds



COMPARISON OF FAT SOURCES

All of the below are 12-15 grams of fat per serving:



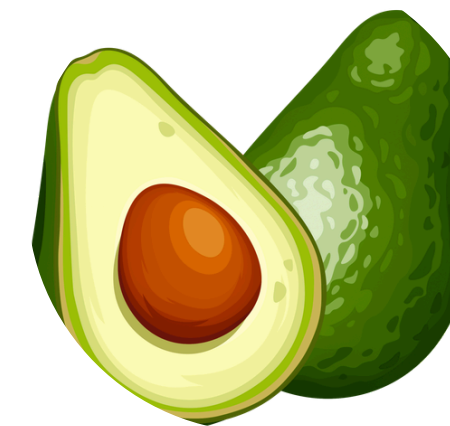
2 tbsp
peanut butter



1 tbsp
olive oil



4 oz. salmon



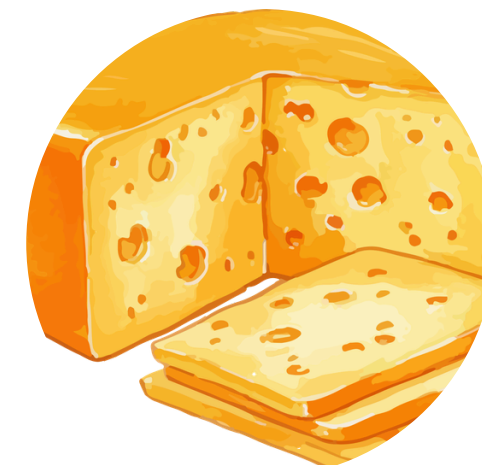
1/2 avocado



1 tbsp
coconut oil



3 eggs



2 oz. cheese



1/4 cup
mixed nuts



MICRONUTRIENTS

For most nutrients, you can meet your needs through food.

- **Calcium:** dairy, leafy greens, cruciferous veggies, tahini
- **Iron:** meat, fish, poultry, leafy greens, beans, lentils
- **Magnesium:** almonds, pumpkin seeds, sunflower seeds, edamame, spinach
- **Potassium:** bananas, tomatoes, potatoes, mushrooms
- **Zinc:** meat, poultry, fish, whole grains, nuts & seeds
- **Vitamin C:** bell peppers, citrus fruits, kiwi, cruciferous veggies
- **B vitamins (B12, folate, etc.):** whole grains, meat, poultry, fish, leafy greens, beans, lentils, nuts & seeds
- **Vitamin A:** sweet potato, carrots, leafy greens, mangoes, apricots
- **Vitamin E:** nuts & seeds, vegetable oils, leafy greens, avocado



PANTRY STAPLES THAT BOOST NUTRIENT DENSITY

Flax & Chia Seeds

- Excellent source of fiber and omega-3s
- Add to yogurt, oatmeal, smoothies, cereal, baked goods



Olive Oil

- Good source of fat
- Rich in vitamin E
- Supports nutrient absorption
- Neutral cooking oil



Almonds

- Source of healthy fats, protein, fiber, vitamin E, magnesium
- Use as whole nuts, butter, milk, or flour



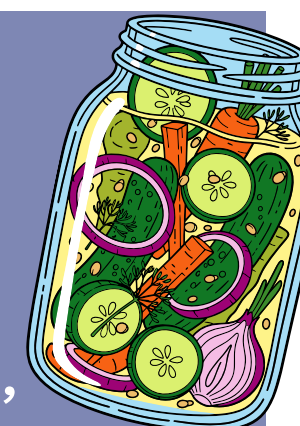
Canned Beans & Lentils

- Rich in fiber, iron, folate, plant protein
- Budget-friendly
- Reduce sodium content by rinsing



Pickled vegetables

- No cooking required!
- Good for gut health, flavor, and variety
- Source of probiotics



MEAL PLANNING

Meal	Goal	Example	Example	Example
Breakfast	Protein Starch Fruit / veg Fat	6 oz. Greek yogurt 2 tbsp granola 1-2 kiwis 2 tbsp flaxseeds	2-3 scrambled eggs ½ cup potatoes 2 grilled tomatoes 1 tbsp olive oil	Chicken sausage patty 1 pancake ½ cup berries
Morning snack	1-2 foods	Smoothie	Apple and peanut butter	GF oatmeal with berries
Lunch	Protein Starch Fruit / veg Fat	Grilled chicken Roasted sweet potatoes Leafy greens Olive oil	Tuna salad GF Crackers Cucumber slices Mayo (in tuna salad)	½ cup chickpeas ½ cup quinoa Kale, apples, cucumbers Vinaigrette
Afternoon snack	1-2 foods	GF trail mix	Cottage cheese and fruit	Cheese and crackers
Dinner	Protein Starch Fruit / veg Fat	Shrimp GF pasta Zucchini, tomato Pesto	Tofu Brown rice Stir-fry veggies Sesame oil	Grilled salmon Sweet potato Green beans Olive oil

