

What YOU NEED	Why YOU NEED IT	Where YOU GET IT
MACRONUTRIENTS		
FIBER	Lowers the level of bad cholesterol and can help reduce hunger.	Raspberries, blackberries, oranges, green peas, oats, beans.
PROTEIN	Essential for building muscle.	Fish, soybeans, green peas, beans, lentils, whole grains, lean meats
FATS-OMEGA 3	Reduces inflammation, supports all body functions	Flax Seeds, Walnuts, Salmon
COMPLEX CARBOHYDRATES	Gives all cells in your body energy, including your brain.	Fruits, vegetables, and whole grains.
WATER	Supports and maintains body functions, and proper temperature.	Water
VITAMINS		
VITAMIN A	Essential for healthy skin, eyesight and fighting infections.	Sweet potato, carrots, pumpkin, spinach, squash, cantaloupe.
VITAMIN C	Promotes collagen formation, immune function and wound healing.	Red/yellow bell pepper, pineapple, orange, broccoli, kiwi.
VITAMIN E	May slow aging process and help bolster the immune system.	Red bell pepper, chicory, butternut squash, almonds, soybean oil.
VITAMIN D	Essential for bone density and nervous system function.	Sunshine, sardines, button mushrooms, oysters.
VITAMIN K	Essential for blood clotting and can help maintain bone density.	Spinach, broccoli, Brussels sprouts, lettuce, watercress, chicory.
VITAMIN B COMPLEX	Boosts metabolism and helps repair DNA.	Green peas, green leafy vegetables, beans.
BIOTIN	Helps with carbohydrate and amino acid metabolism.	Cauliflower, peas, avocado, bananas, carrots, salmon.
FOLATE	Helps prevent birth defects and heart disease.	Spinach, broccoli, romaine lettuce, chicory, orange.
MINERALS		
CALCIUM	Essential for bone strength and fat metabolism.	Rhubarb, soybeans, arugula, collards.
IRON	Helps oxygenate blood and supports reproduction.	Spinach, green peas, soybeans, blackstrap molasses, lean meats.
COPPER	Helps with red blood cell formation.	Chicory, oats, green peas, mushrooms.
MANGANESE	Promotes bone density and healing process.	Pineapple, blackberries, raspberries.
POTASSIUM	Helps control blood pressure.	Banana, plantain, broccoli, kiwi, potato.
MAGNESIUM	Essential for bone health. May reduce the risk of heart disease.	Spinach, green peas, soybeans, almonds.
SELENIUM	Antioxidant, antiviral, regulates thyroid, promotes prostate health.	Portobello mushrooms, salmon, Brazilian nuts.
CHROMIUM	Essential for glucose metabolism and muscle function.	Green bell pepper, apples, bananas, spinach
ZINC	Boosts immune system and may reduce duration of cold symptoms.	Green peas, oats, peanuts, seafood.
PHYTOCHEMICALS		
ALPHA-CAROTENE	May protect against lung cancer and lower risk of heart disease.	Carrots, plantains, pumpkin, butternut squash.
BETA-CAROTENE	Promotes healthy eyes, may help prevent lung cancer, heart disease/stroke.	Carrots, butternut squash, red bell pepper, lettuce, spinach.
LUTEIN/ZEAXANTHIN	Promotes eye health.	Spinach, leafy greens, green peas, broccoli.
LYCOPENE	Destroys harmful free radicals, may lower risk of prostate cancer.	Watermelon, red bell pepper, pink/red grapefruit.
RESVERATROL/PTEROSTILBENE	Promotes heart health, raises levels of good (HDL) cholesterol.	Blueberries, red/purple grapes, cranberries,
PHENOLIC ACIDS (ELLAGIC ACID)	Combats free radical damage, which is linked to cancer and aging.	Strawberries, raspberries, blackberries, cranberries, walnuts, pecans.
CATHECHINS (EGC)	Helps neutralize free radicals, may help prevent the spread of cancer cells.	Apples, tea, strawberries.
FLAVONOLS (QUERCETIN)	May help fight Alzheimer's disease by protecting brain cells.	Onions, apples, red grapes, blueberries, cranberries, green tea.
BROMELAIN	Mild anti-inflammatory effect, may help rheumatoid arthritis.	Pineapples.

