



# NUTRITIONAL CHEAT SHEET



**Successible** *Life*

FOR A BETTER WAY OF LIVING





## FOODS HIGH IN MAGNESIUM

- Milk
- Yogurt
- Lean Meat
- Apricots
- Bananas
- Figs
- Prunes
- Raisins
- Brown rice
- Granary bread
- Wholemeal bread
- Whole wheat pasta
- Nuts
- Pulses
- Courgettes
- Green leafy vegetables
- Okra
- Parsnips
- Peas
- Sweet Corn



## FOODS HIGH IN SELENIUM

- Salmon
- Tuna
- Cheese
- Eggs
- Milk
- Chicken
- Lean Meat
- Liver
- Mackerel
- Onion
- Green vegetables
- Garlic
- Brazil nuts
- Cashew Nuts
- Sunflower seeds
- Whole wheat bread



## FOODS HIGH IN ZINC

- Brown rice
- Wholegrain breads
- Cheese
- Crab
- Lobster
- Mussels
- Oysters
- Sardines
- Duck
- Goose
- Kidney
- Lean red meat
- Turkey
- Venison

🌿 Plant-based sources of protein (vegetarian & vegan friendly)

## FOODS HIGH IN CALCIUM

- Almonds
- Brazil nuts
- Hazelnuts
- Broccoli
- Curly kale
- Okra
- Spinach
- Watercress
- Tofu
- Figs
- Sesame seeds
- Dried apricot
- Pulses (beans, lentils, and peas)
- Calcium-enriched soya cheeses and milks
- Seafood (mackerel, oysters, pilchards, salmon, sardines)

## FOODS HIGH IN IRON

- Apricots
- Licorice
- Figs
- Prunes
- Raisins
- Lentils
- Broccoli
- Curly kale
- Peas
- Spinach
- Savoy cabbage
- Watercress
- Nuts
- Blackcurrants
- Whole grain cereals
- Wholemeal bread
- Beans (including baked beans)
- Eggs
- Poultry
- Liver
- Kidney
- Mackerel
- Oysters
- Sardines
- Tuna
- Lean red meat

Plant-based sources of protein (vegetarian & vegan friendly)





## FOODS HIGH IN PROTEIN

- Eggs
- Lean Beef
- Chicken Breast
- Tuna
- Cottage Cheese
- Milk
- Turkey Breast
- Almonds
- Oats
- Quinoa
- Lentils
- Broccoli
- Brussel sprouts



## FOODS HIGH IN FIBER

- Peas
- Broccoli
- Figs
- Berries
- Cereal
- Beans
- Lentils
- Artichokes
- Avocado
- Pears
- Brown Rice

• Plant-based sources of protein (vegetarian & vegan friendly)

## FOODS HIGH IN VITAMIN A

- 🌿 Carrots
- 🌿 Sweet Potatoes
- 🌿 Winter Squash
- 🌿 Cantaloupe
- 🌿 Apricots
- 🌿 Spinach
- 🌿 Kale
- 🌿 Collard Greens

## FOODS HIGH IN VITAMIN B

- Meat
- Poultry
- Fish
- Eggs
- Milk
- Seafood (including mussels and oysters)

## FOODS HIGH IN VITAMIN C

- 🌿 Papaya
- 🌿 Citrus Fruits
- 🌿 Strawberries
- 🌿 Bell Peppers
- 🌿 Broccoli
- 🌿 Brussels Sprouts
- 🌿 Dark leafy greens, such as kale, mustard greens, and chard

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## FOODS HIGH IN VITAMIN D

- Salmon
- Herring
- Catfish
- Trout
- Oysters
- Milk
- Eggs
- 🌿 Shiitake mushrooms



## FOODS HIGH IN VITAMIN K

- 🌿 Kale
- 🌿 Spinach
- 🌿 Collard greens
- 🌿 Swiss chard
- 🌿 Turnip greens
- 🌿 Mustard Greens
- 🌿 Romaine Lettuce
- 🌿 Parsley
- 🌿 Brussels Sprouts
- 🌿 Broccoli
- 🌿 Asparagus



## FOODS HIGH IN VITAMIN E

- 🌿 Almonds
- 🌿 Spinach
- 🌿 Swiss Chard
- 🌿 Turnip greens
- 🌿 Bell Peppers
- 🌿 Asparagus
- 🌿 Sunflower seeds

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