



# Super Foods



There are some foods that are like super foods, because they contain many of the vitamins and minerals that we need every day. These foods should be included as often as you can in your everyday diet, particularly green leafy vegetables.

1. Eggs – protein, vitamin A, vitamin D, vitamin B1, vitamin B2, vitamin B6, folate, vitamin B12, calcium, iron, magnesium, zinc
2. Avocados – folate, magnesium, potassium
3. Spinach – iron, vitamin C, vitamin A, folate, vitamin B12, calcium, potassium, vitamin B6, zinc, vitamin B3
4. Collard greens – vitamin A, folate, vitamin B3, vitamin B5, vitamin B6, calcium, iron, zinc
5. Mustard greens – vitamin A, vitamin C, folate, calcium, fiber
6. Oranges – vitamin C, calcium, folate, Vitamin A
7. Potato – vitamin C, vitamin B3, vitamin B6, folate, iron, magnesium, potassium
8. Pork – vitamin C, vitamin B1, vitamin B2, vitamin B3, vitamin B6, folate, vitamin B12, iron
9. Tofu – protein, calcium, iron
10. Banana – folate, magnesium, potassium
11. Seafood – all B-complex vitamins, zinc (especially oysters), vitamin B12 (especially clams)
12. Peanuts – B-complex vitamins, folate, magnesium, zinc
13. Citrus fruit – vitamin C, potassium
14. Dairy – calcium, zinc, Vitamin B12
15. Red Meat – vitamin A, B-complex vitamins, zinc, vitamin D, folate, magnesium, potassium,
16. Chicken – all B-vitamins