



American diets don't always contain enough of certain nutrients – here are suggestions to help ensure your diet does.

Vitamin A



Necessary for your heart, lungs, eyes, and immune system to work properly.

½ baked sweet potato  + ½ carrot  will meet daily needs

Other good sources: spinach, mango, cantaloupe, red pepper, pumpkin

Vitamin C

Helps your immune system fight diseases and important for cuts to heal.

½ cup cooked broccoli  + ½ orange  will meet daily needs

Other good sources: kiwi, peppers, strawberries, cauliflower, cabbage, tomato

Magnesium

Helps regulate muscle and nerve function and supports strong bones.

¼ cup pumpkin seeds  + 20 almonds 
 + cup cooked spinach  + a potato  will meet daily needs

Other good sources: peanut butter, soy milk, beans, brown rice, whole wheat

Potassium

Supports a healthy heart and helps to keep muscles working properly.

5 dried apricots  + ½ cup kidney beans  + cup squash 
 + cup lentils  will meet ½ daily needs

Other good sources: potato, banana, avocado, spinach, raisins, milk

Zinc

Helps your immune system fight bacteria and viruses and supports eye health.

¼ cup pumpkin seeds  + cup brown rice 
 + ½ cup oatmeal  + cheese slice  will meet ½ daily needs

Other good sources: shellfish, beef, chicken, fish, lentils, yogurt, peanuts