Your Health

Yellow & Green
Leafy greens, corn, kiwi, yellow squash, oranges, papaya, pistachios

Orange
Sweet potatoes, carrots, butternut squash, sweet bell peppers

Omega 3 Fatty Acids
Fatty fish (fish that swim – tuna, cod, haddock, salmon, tilapia) – 2x/wk

Vitamin C
Bell pepper, broccoli, tomatoes
Boosting Your Memory

Cruciferous Veggies
Dark green leafy veggies (kale, spinach, collard greens), broccoli, cabbage, Brussels sprouts

Flavonoids
Blackberries, blueberries, cherries, beets

Omega 3 Fatty Acids
Fatty fish, ground flax, chia, hemp seeds
Preventing Osteoporosis

Calcium
Dairy, canned fish with the bones, calcium fortified orange juice, fortified dairy alternatives (almond milk, soy milk, etc.), nuts

Vitamin D
Fatty fish, fortified milks and milk alternatives, fortified breakfast cereals, eggs

Sunlight May-September!