

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!

