

Foods

Protein	Carbohydrates	Fats	Minerals
Chicken	Rice	Olive Oil	Vitamin D
Ground Beef	Sweet Potato	Avocado	Magnesium
Steak	Oatmeal	Nuts	Calcium
Ground Turkey		Fats from Fish	Zinc
Eggs		Fish Oil	Iron
Turkey Bacon		Flaxseed	Folate
			Vitamin B-12