

ADEK Rich Foods

<p style="text-align: center;">Vitamin A (in order of DV %)- <i>pair with a healthy fat for maximum absorption</i></p> <p>Sweet potato, baked in skin Spinach, frozen, boiled Carrots, raw Pumpkin pie Cantaloupe Peppers Mangos, raw Black-eyed peas (cowpeas) Apricots, dried Broccoli</p>	<p style="text-align: center;">Vitamin D (in order of DV %)</p> <p>Salmon (sockeye) Tuna fish, canned in water Orange juice fortified with vitamin D Milk, nonfat, reduced fat, and whole, vitamin D-fortified Yogurt, fortified with 20% of the DV for vitamin D Margarine, fortified Egg, 1 large (vitamin D is found in yolk) Cheese, Swiss</p>
<p style="text-align: center;">Vitamin E (in order of DV %)</p> <p>Sunflower seeds, dry roasted Almonds, dry roasted Peanut butter Peanuts, dry roasted Spinach, boiled Broccoli, chopped, boiled Kiwifruit Mango Tomato Spinach</p>	<p style="text-align: center;">Vitamin K (in order of DV %)</p> <p>Nattō (a traditional Japanese food) Collards Turnip greens Spinach Kale Broccoli Soybeans Edamame Pumpkin Okra</p>
<p style="text-align: center;">Healthy Fat Foods</p> <p>Avocados Olives Nuts (almonds, peanuts, macadamia nuts, hazelnuts, pecans, cashews, walnuts, sunflower, sesame, and pumpkin seeds) Natural peanut butter (containing just peanuts and salt) Fatty fish (salmon, tuna, mackerel, herring, trout, sardines) Soymilk and tofu Extra virgin olive oil (opt for olive oil with the California Olive Oil Council (COOC) logo on a bottle) Brussel sprouts, Kale, Spinach, Parsley</p>	<p style="text-align: center;">Brain Foods</p> <p>Blueberries Salmon Nuts and seeds Avocados Whole grains Beans Dark chocolate Spinach Tomatoes Pomegranate Juice</p>