

- Micronutrients for Neeshu aka Monku
  - 1. Calcium
  - 2. Iron
  - 3. Vitamin D
  - 4. Vitamin B12
  - 5. Folate (Vitamin B9)
  - 6. Magnesium
  - 7. Zinc
  - 8. Vitamin C
  - 9. Potassium
  - 10. Iodine
  - 11. Vitamin A
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  - 13. Selenium
  - 14. Omega-3 Fatty Acids (ALA - Plant-Based)
  - Quick Tips to Cover Micronutrients:

# Micronutrients for Neeshu aka Monku

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## 1. Calcium

- **Requirement:** 1,000 mg/day
- **Importance:** Strong bones and teeth, muscle function, and nerve signaling.
- **Food Sources:**
  - 1 cup milk (300 mg)
  - 1 cup curd/yogurt (250 mg)
  - 100g paneer/tofu (200-250 mg)
  - 1 cup cooked spinach (240 mg)
  - 1 tbsp sesame seeds (90 mg)

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## 2. Iron

- **Requirement:** 18 mg/day
- **Importance:** Formation of hemoglobin, oxygen transport, and preventing anemia.

- **Food Sources:**

- 1 cup cooked lentils (6.6 mg)
- 1 cup spinach (6 mg)
- 1 tbsp jaggery (3 mg)
- 10-12 soaked raisins (2 mg)
- 1 small beetroot (1.1 mg)

**Tip:** Consume iron-rich foods with vitamin C (like lemon or orange) to improve absorption.

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### 3. Vitamin D

- **Requirement:** 600 IU/day (15 mcg/day)
  - **Importance:** Calcium absorption, immune function, and bone health.
  - **Food Sources:**
    - Fortified milk/soy milk (100 IU per cup)
    - Mushrooms exposed to sunlight (150-200 IU per 100g)
    - Sunlight exposure (15-20 minutes daily)
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### 4. Vitamin B12

- **Requirement:** 2.4 mcg/day
  - **Importance:** Red blood cell formation, nerve health, and DNA synthesis.
  - **Food Sources (Vegetarian Options):**
    - Fortified cereals (1 mcg per serving)
    - Fortified soy products (1.5 mcg per serving)
    - Nutritional yeast (1 tbsp = 1.2 mcg)
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### 5. Folate (Vitamin B9)

- **Requirement:** 400 mcg/day
- **Importance:** Cell division, DNA synthesis, and preventing neural tube defects in case of pregnancy.
- **Food Sources:**
  - 1 cup cooked spinach (263 mcg)

- 1 orange (40 mcg)
  - 1 cup lentils (180 mcg)
  - 1/2 cup broccoli (57 mcg)
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## 6. Magnesium

- **Requirement:** 310 mg/day
  - **Importance:** Muscle and nerve function, blood sugar regulation, and energy production.
  - **Food Sources:**
    - 1/2 cup pumpkin seeds (92 mg)
    - 1/2 cup cooked quinoa (60 mg)
    - 1 banana (32 mg)
    - 1 cup cooked spinach (78 mg)
    - 6-7 almonds (20 mg)
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## 7. Zinc

- **Requirement:** 8 mg/day
  - **Importance:** Immunity, wound healing, and enzyme production.
  - **Food Sources:**
    - 1 cup cooked chickpeas (2.5 mg)
    - 1 cup curd (1.4 mg)
    - 100g paneer (1.2 mg)
    - 1 tbsp sunflower seeds (1 mg)
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## 8. Vitamin C

- **Requirement:** 75 mg/day
- **Importance:** Collagen production, immune function, and antioxidant properties.
- **Food Sources:**
  - 1 orange (70 mg)
  - 1/2 cup strawberries (42 mg)
  - 1/2 cup bell peppers (50 mg)

- 1 amla (50 mg)
  - 1 kiwi (64 mg)
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## 9. Potassium

- **Requirement:** 2,600 mg/day
  - **Importance:** Blood pressure regulation, muscle contraction, and fluid balance.
  - **Food Sources:**
    - 1 medium banana (422 mg)
    - 1 cup cooked sweet potato (541 mg)
    - 1 cup spinach (540 mg)
    - 1 avocado (700 mg)
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## 10. Iodine

- **Requirement:** 150 mcg/day
  - **Importance:** Thyroid hormone production and metabolism.
  - **Food Sources:**
    - 1 tsp iodized salt (150 mcg)
    - Seaweed (1 sheet = 40 mcg)
    - Fortified bread or cereals (10-30 mcg per serving)
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## 11. Vitamin A

- **Requirement:** 700 mcg/day (Retinol Activity Equivalent - RAE)
  - **Importance:** Eye health, immunity, and cell growth.
  - **Food Sources:**
    - 1 medium carrot (509 mcg)
    - 1/2 cup sweet potato (961 mcg)
    - 1/2 cup cooked spinach (472 mcg)
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## 12. Vitamin E

- **Requirement:** 15 mg/day
  - **Importance:** Antioxidant function and skin health.
  - **Food Sources:**
    - 1 tbsp sunflower seeds (7 mg)
    - 1 tbsp almond butter (4 mg)
    - 10 almonds (2.5 mg)
    - 1/2 avocado (2 mg)
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## 13. Selenium

- **Requirement:** 55 mcg/day
  - **Importance:** Thyroid health and antioxidant properties.
  - **Food Sources:**
    - 2 Brazil nuts (95 mcg, but limit intake to avoid excess)
    - 1/2 cup cooked lentils (6 mcg)
    - 1 cup brown rice (19 mcg)
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## 14. Omega-3 Fatty Acids (ALA - Plant-Based)

- **Requirement:** 1.1 g/day
  - **Importance:** Brain health, anti-inflammatory properties, and heart health.
  - **Food Sources (Vegetarian):**
    - 1 tbsp flaxseeds (2 g)
    - 1 tbsp chia seeds (2.5 g)
    - 6 walnuts (2.5 g)
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## Quick Tips to Cover Micronutrients:

- Add **a variety of colorful veggies and fruits** to meals for a mix of vitamins.
- Use **fortified plant-based foods** for vitamins like B12 and D.
- Include **seeds, nuts, and whole grains** daily for minerals like zinc, magnesium, and selenium.