

## The 25 beneficial nutrients contained in real foods

Best protein sources Eat first to meet your daily protein target		Healthy quality carbohydrates Include a choice at each meal & snack once you're easily eating enough protein			
Lean meat, chicken, fish, eggs, tofu, nuts, seeds & legumes		Dairy foods	Legumes and vegetables	Fruit	Grain (cereal) foods
macronutrients	protein fibre*	carbohydrate fat protein	carbohydrate fibre	carbohydrate fibre	protein carbohydrate fibre
micronutrients	essential fatty acids iron omega 3 fatty acids niacin zinc vitamin B12** vitamin E	calcium magnesium potassium riboflavin vitamin B <sub>12</sub> zinc	beta-carotene carotenoids folate magnesium potassium iron vitamin C	beta-carotene potassium vitamin C	folate iodine iron magnesium niacin thiamine*** riboflavin vitamin E zinc

\* from plant foods only

\*\* from animal foods only

\*\*\* CAUTION

Thiamine is only in grain (cereal) foods, so if you are not eating grain (cereal) foods then you need to take a daily Berocca to prevent thiamine deficiency