

Micronutrients



VITAMINS & MINERALS

MOST VITAMINS AND MINERALS can be sourced from diet. Though since most diets are not perfect, a multivitamin can help fill the gaps.

CHOOSING VITAMIN & MINERAL RICH FOODS

- Naturally colorful
- Eat fresh!
- Consume skin or peel of food if edible
apples, beets, carrots, cucumber, pears, potatoes
- Close to natural state
fresh strawberries vs strawberry jam
- Cook lightly
some nutrients can be lost in water or degraded when overcooked. Choose roasting, grilling, or sautéing when possible instead of boiling or frying.

