

Food First: Where to Get Your Nutrients Naturally

Here are some of the most commonly supplemented nutrients and the everyday foods that provide them. Before reaching for a bottle, it's worth checking whether simple food choices could naturally boost the nutrients you need. Use it as a quick, practical reference to help you fill nutritional gaps through diet.

Omega-3

Omega-3s are healthy fats that help reduce inflammation in the body, and they're especially important for supporting a healthy heart and keeping your blood vessels working well.

- Salmon
- Mackerel
- Sardines
- Trout
- Chia seeds
- Flaxseeds (ground)
- Walnuts

Vitamin D

Vitamin D helps your body absorb calcium for strong bones and also supports immune function.

- Salmon
- Mackerel
- Sardines
- Trout
- Eggs (particularly yolks)
- Mushrooms

We make vitamin D when sunlight hits our skin so spending lots of time outdoors helps keep our levels healthy.

Iron

Iron helps your body make healthy red blood cells that carry oxygen around your body, which supports energy levels.

- Red meat
- Poultry
- Beans and lentils
- Tofu
- Spinach and kale
- Pumpkin seeds

Vitamin C helps with the absorption of iron so eat a source of vit C alongside iron-rich foods.

Vitamin B12

Vitamin B12 helps your body make red blood cells and keep your nerves healthy.

- Meat
- Fish
- Dairy
- Eggs

Magnesium

Magnesium is a mineral that helps your muscles, nerves, and heart work smoothly.

- Nuts and seeds
- Wholegrains (brown rice, oats, quinoa etc)
- Leafy greens (spinach, chard etc)
- Beans and lentils
- Dark chocolate (70%+)

Calcium

Calcium is essential for building strong bones and teeth, and it also plays a key role in helping your heart and muscles contract and function properly.

- Milk
- Yoghurt
- Cheese
- Almonds
- Tahini
- Broccoli
- Kale

Zinc

Zinc supports immune function and helps your body repair tissues.

- Meat
- Shellfish
- Pumpkin seeds
- Chickpeas
- Cashews
- Wholegrains (brown rice, oats, quinoa etc)

Vitamin C

Vitamin C is an antioxidant that supports your immune system and helps protect your cells from damage.

- Citrus fruits
- Strawberries
- Kiwi
- Peppers
- Broccoli
- Tomatoes
- Brussels sprouts

Folate

Folate (folic acid) helps your body make healthy red blood cells and supports cell growth and repair.

- Leafy greens (spinach, chard etc)
- Beans and lentils
- Avocado
- Asparagus