

# 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