

Nutrient-Rich Foods

Vitamin C: (There are many more but these are the top)

Peppers (red, green, yellow bell peppers)

Papaya

Dark Greens (kale, spinach, turnip greens, chard)

Brussels Sprouts

Broccoli

Strawberries

Citrus Fruits (oranges, grape fruit, lemons)

Cauliflower

Tomatoes

Peas

Vitamin D: (600-800 IU/day. Ex: 6oz. of salmon is 600 IU)

Fatty Fish (tuna, mackerel, salmon)

Egg Yolk

B-Vitamins: (thiamin, riboflavin, niacin, folate)

Fish (mackerel, salmon, tuna)

Leafy greens (Spinach)/Turnip

Beef (red meat-90%lean grass-fed, liver)/Chicken

Pork

Shellfish/Crab

Legumes

Eggs

Avocado

Oysters

Sweet Potato

Health Nuts/Seeds: (Great sources of vitamin E, omega 3, antioxidants and many minerals)

Almonds, walnuts, pecans, brazil nuts, flax seeds, hemp seeds, chia seeds, pumpkin, sesame and sunflower seeds are all the best sources.

Calcium: (main Components are milk, yogurt & cheese)

Spinach

Kale

Collard greens

Soybeans

*Children- 700mg-1300mg/ adults- 1000mg-1200mg

Sardines

Black-eyed Peas

Almonds

Sesame Seeds

Vitamin A:

Sweet Potatoes

Dark Leafy Greens/Kale/Spinach Mustard Greens/Dandelion

Butternut Squash

Romaine Lettuce

Tomatoes

Carrots

Fish/Beef Liver

Paprika

Mango

Red Bell Peppers

Magnesium:

Dark Leafy Greens/Spinach

Nuts & Seeds (1/2 cup sunflower= 100% DV of mag.)

Fish (Halibut, salmon, tuna)

Quinoa

Pumpkin Seeds

Black Beans

Zinc:

Shellfish (Oysters)

Crab & Lobster

Meat/Poultry

Celiac Disease- Special Considerations

Celiac disease is an autoimmune disorder that can occur in genetically predisposed people where the ingestion of gluten leads to damage in the small intestine. It is estimated to affect 1 in 100 people worldwide. Two and one-half million Americans are undiagnosed and are at risk for long-term health complications.

People living gluten-free must avoid foods with wheat, rye and barley, such as bread and beer. Ingesting small amounts of gluten, like crumbs from a cutting board or toaster, can trigger small intestine damage.

Undiagnosed or untreated celiac disease can lead to:

Long-Term Health Conditions

- Iron deficiency anemia
- Early onset osteoporosis or osteopenia
- Infertility and miscarriage
- Lactose intolerance
- Vitamin and mineral deficiencies
- Central and peripheral nervous system disorders
- Pancreatic insufficiency
- Intestinal lymphomas and other GI cancers (malignancies)
- Gall bladder malfunction
- Neurological manifestations, including ataxia, epileptic seizures, dementia, migraine, neuropathy, myopathy

Foods to Enjoy:

Quinoa
Sweet Potatoes
Beans/Nuts
• Millet
• Buckweat Groats
• Amaranth

* Flax
* Chia
* Gluten Free Oats
* Fruits/Veggies
* Meat/Poultry
* Fish/Seafood