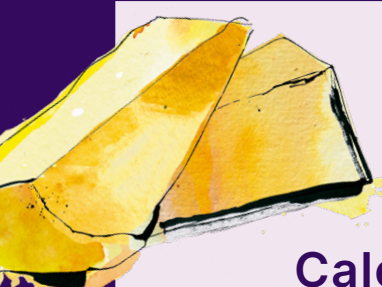
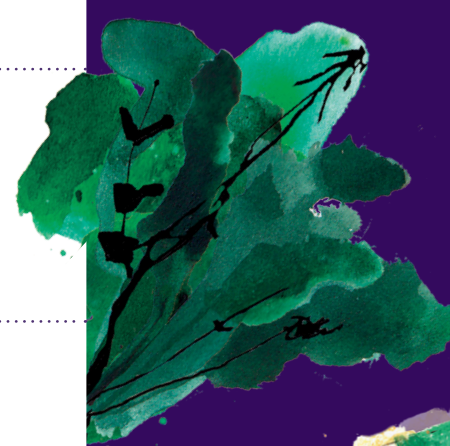
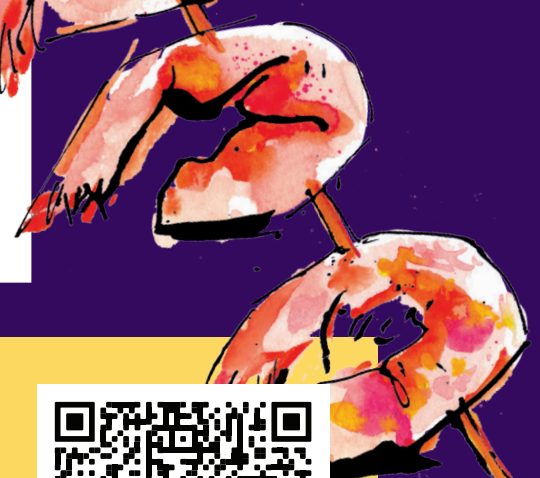


Get the goodness in

Your guide to the top nutrients for women

	Calcium	Found in ... Dairy (e.g. milk, cheese, yoghurt) Firm tofu Tinned sardines Some dairy alternatives (check the label)	Good for ... Bones Teeth Muscles	
	Folate	Found in ... Green leafy vegetables (e.g. spinach, kale) Brussels sprouts Lentils and chickpeas Oranges	Good for ... Pregnancy Cell growth Making DNA	
	Iodine	Found in ... Iodised salt Bread (excluding organic bread) Seafood (e.g. fish, prawns, oysters) Eggs	Good for ... Pregnancy Breastfeeding Hormonal health	
	Iron	Found in ... Red meat Chicken and turkey Seafood Legumes (e.g. lentils, soy beans)	Good for ... Energy Periods Immune health	
	Magnesium	Found in ... Green leafy vegetables Legumes Nuts and seeds Whole grains	Good for ... Muscles Nerves Blood sugar levels	
	Protein	Found in ... Lean red meat Chicken and turkey Seafood Whole soy foods (e.g. tofu, tempeh)	Good for ... Energy Muscles Satisfying hunger	
	Vitamin B	Found in ... Whole grains Meat (e.g. red meat, chicken) Fish Legumes	Good for ... Energy Brain health Healthy cells	
	Vitamin D	Found in ... Sunshine on your skin Oily fish (e.g. salmon, trout) Egg yolks Red meat	Good for ... Bones Hormonal health Brain health	

Eating a variety of nutritious foods every day is important for good health. This information is provided as a general guide. It includes some of the important nutrients and their food sources and benefits. Your age, life stage, dietary preferences and health can affect your nutrition needs. For advice, speak to your doctor or a dietitian, especially if you are vegetarian, vegan, trying to conceive, pregnant, breastfeeding or planning to take supplements.

More on the menu

To learn more about nutrition and healthy eating, scan the QR code or head to our website.

