

Calcium | Food Sources



Dairy: yogurt, cheese, milk

Green Vegetables: turnip greens, bok choy, kale, broccoli

Fish and Seafood: sardines

Seeds: chia

Plant Proteins: tofu

Protein | Food Sources

Meat: beef, poultry, eggs

Fish and Seafood: tuna, salmon, shrimp

Dairy: Greek yogurt, milk, cottage cheese

Legumes and Beans: soy, lentils, black beans, peanuts



Magnesium | Food Sources



Seeds: pumpkin, chia

Legumes and Beans: soy, black beans, peanuts

Nuts: almonds, cashews

Vegetables: spinach, potatoes

Whole Grains: brown rice, fortified breakfast cereal, oatmeal

Vitamin D | Food Sources

Wild-Caught Fish: salmon, sardines, mackerel

Pastured Eggs [yolks]: pastured eggs contain 3-4x more vitamin D than non-pastured eggs

Mushrooms: lesser amounts - depends on UV exposure

D3 Supplement*: active form of vitamin D



*be sure to consult with your healthcare provider before taking any supplement