

Good Sources of the Chosen Eight

Vitamin A: dark green leafy vegetables, deep yellow fruits and vegetables, egg yolks, butter, milk, liver, carrots, mango, papaya, cantaloupe

Vitamin C: citrus fruits (oranges, limes, grapefruit, lemons), berries, melons, tomatoes, potatoes, peppers, broccoli, greens, cabbage

Iron: liver, meat, fish, poultry, eggs, dried beans, peas, green leafy vegetables, dried fruits, whole-grain or enriched breads and cereals

Calcium: milk and milk products, sardines, kale, turnip greens, dried beans, nuts, nut butters

Protein: meat, poultry, fish, eggs, milk, milk products, dried beans, nuts, nut butters

Fat: shortening, oil, butter, margarine, meat, fish poultry, eggs

Saturated fat: foods of animal origin (meats and dairy products), coconut oil, cocoa butter, palm oil

Calories: protein, fat and carbohydrate (all foods have calories)