



Get a variety of nutrients while you focus on protein foods.

Use the guide below when building your shopping list.



Protein foods with

Ways to prepare



Iron



- Grill, roast, or slow cook beef, poultry, or seafood.
- Toss tofu into a salad or stir fry with veggies high in vitamin C such as: bell peppers, broccoli, cabbage, or tomatoes.
- Add beans, peas, or lentils to: salad, soup, or pasta. Include veggies high in vitamin C such as: bell peppers, broccoli, cabbage, or tomatoes.

How I will offer foods with **iron** this week:

Choline



- Grill, roast, or slow cook beef, poultry, or seafood
- Include eggs in a sandwich
- Add shelled frozen edamame (soybeans) to a salad
- Offer cod at dinner

How I will offer foods with **choline** this week:

Folate



- Choose a legume to mix into salads, pasta, or soup:
 - Black-eyed peas
 - Green split peas
 - Kidney beans
- Cook beef liver on the stove top and offer with cooked onions and cabbage.

How I will offer foods with **folate** this week:

Vitamin B12



- Scramble some eggs for a wrap
- Use ground beef in meatloaf
- Include clams in a pasta dish
- Grill, bake, or poach salmon
- Mix canned tuna with light mayo and relish and use on a sandwich
- Cook turkey and add to soup or lettuce salad

How I will offer foods with **vitamin B12** this week:

Omega-3 Fats



- Add chia seeds, ground flaxseeds, or walnuts to:
 - Baked goods
 - Hot cereal
 - Salads
- Grill, bake, or scramble tofu
- Grill, bake, or poach seafood varieties: herring, sardines, mackerel, salmon, or trout

How I will offer foods with **omega-3s** this week: