

THE ROLES OF MICRONUTRIENTS

The body uses dozens of different beneficial micronutrient chemicals every hour of every day to keep us energized, produce enzymes and hormones, and prevent deficiencies.

Low levels of specific micronutrients can result in various problems like:

mental impairment

poor digestion

thyroid problems

bone loss



THE JOB OF MICRONUTRIENTS INCLUDES:

- synthesizing DNA
- facilitating growth
- producing digestive enzymes
- helping keep a strong metabolism
- breaking down carbs, fats and proteins into usable energy
- aiding in bone mineralization
- helping with hormone production
- allowing cells to rejuvenate
- slowing oxidation damage or signs of aging caused by free radicals
- allowing muscles to move and helping with tissue repair
- protecting the brain

Macronutrients vs. Micronutrients

The way we classify **CALORIES IN FOODS**

There are three main groups



Comprise **"BIG PICTURE"** food elements because we need them in larger quantities

More than one present in most foods

MORE FAMILIAR because they're how we classify foods

THE CHEMICALS found in trace amounts in foods

There are three main groups



Comprise **"SMALL PICTURE"** food elements because we need them in smaller quantities

More than one present in most foods

LESS FAMILIAR because we can't always easily pinpoint which ones are in which foods

THE BEST MICRONUTRIENT FOODS

GREEN LEAFY VEGETABLES

Excellent sources of vitamin C, vitamin A, vitamin K, folate, magnesium



NUTS/SEEDS

Nuts and seeds like chia, flax, hemp, almonds, walnuts are great sources of antioxidants like vitamin E and micronutrients such as selenium, magnesium, boron, choline

GRASS-FED/PASTURE-RAISED/ WILD ANIMAL PRODUCTS

Liver, wild seafood, cage-free eggs, grass-fed beef, pasture-raised poultry are excellent sources of micronutrients like iron, B vitamins, vitamin A, zinc



OTHER COLORFUL VEGGIES

Red peppers, broccoli, squash, cauliflower, green peppers, artichokes, carrots, asparagus, tomatoes, mushrooms provide fiber, magnesium, potassium, vitamin A, vitamin C



BEANS/LEGUMES

Beans are high in calcium, manganese, folate, phosphorus and iron

FRUITS (ESPECIALLY BERRIES)

Strawberries, blueberries, raspberries, melon, pineapple, apples, pears, kiwis are high in antioxidants like flavanoids, vitamin A and C, fiber, potassium



WHOLE GRAINS

Ancient grains like quinoa, rice, amaranth, oats and buckwheat provide B vitamins and minerals like manganese, phosphorus

