Healthy Sources of **Iron**

Soybeans 9 mg / cup

Dried Apricots 8 mg / cup

White beans 7 mg / cup

Lentils 7 mg / cup

Peaches 7 mg / cup

Spinach 6 mg / cup cooked

Kidney beans 5.5 mg / cup

Chickpeas 5 mg / cup

Dark chocolate 5 mg / cup

Prunes 5 mg / cup

Black beans 4 mg /cup

Quinoa 3 mg / cup

Figs 3 mg / cup

Raisins 3 mg / cup

White button mushrooms 3 mg / cup cooked

Pumpkin seeds 3 mg / cup

Cashews 2 mg / oz

Healthy Sources of **Vitamin B12**

Fortified cereals 4-6 ug / ¾ cup

Fortified juices 4-6 ug / cup

Soy milk 6 ug / 16oz

Tofu 3.3 ug / cup

Nutritional Yeast 1 ug / tbs

Healthy Sources of **Vitamin D**

The sun! 15-25 minutes daily

Mushrooms 8-28 ug / cup

Fortified soy milk 5-6 ug / 16 oz

Fortified tofu 5-6 ug / cup

Fortified cereals 2.5 ug / ¾ cup

Fortified juices 2.5 ug / cup

Healthy Sources of **Calcium**

Tofu 1700 mg / cup

Collard greens 270 mg / cup cooked

Spinach 245 mg / cup cooked

Black-eyed peas 210 mg / cup

Soybeans 250 mg / cup cooked

Kale 175 mg / cup cooked

Green peas 95 mg / cup cooked

Acorn squash 90 mg / cup cooked