Get the goodness in

Your guide to the top nutrients for women



Found in ...

Dairy (e.g. milk, cheese, yoghurt)

Firm tofu

Tinned sardines

Some dairy alternatives (check the label)

Green leafy vegetables (e.g. spinach, kale)

Brussels sprouts

Lentils and chickpeas

Oranges

lodised salt

Bread (excluding organic bread)

Seafood (e.g. fish, prawns, oysters)

Eggs

lodine

Iron

Red meat

Chicken and turkey

Seafood

Legumes (e.g. lentils, soy beans)

Green leafy vegetables

Legumes

Nuts and seeds

Whole grains

Lean red meat

Chicken and turkey

Seafood

Whole soy foods (e.g. tofu, tempeh)

Whole grains

Meat (e.g. red meat, chicken)

Fish

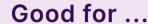
Legumes

Sunshine on your skin

Oily fish (e.g. salmon, trout)

Egg yolks

Red meat



Bones Teeth Muscles

Pregnancy Cell growth

Making DNA

Pregnancy

Breastfeeding

Hormonal health

Energy

Periods

Immune health

Muscles

Nerves

Blood sugar levels

Energy

Muscles

Satisfying hunger

Energy

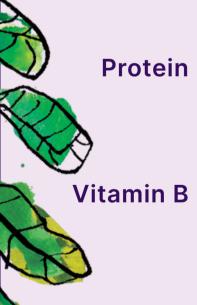
Brain health

Healthy cells

Bones

Hormonal health

Brain health



Magnesium

Vitamin D

Eating a variety of nutritious foods every day is important for good health. This information is provided as a general guide. It includes some of the important nutrients and their food sources and benefits. Your age, life stage, dietary preferences and health can affect your nutrition needs. For advice, speak to your doctor or a dietitian, especially if you are vegetarian, vegan, trying to conceive, pregnant, breastfeeding or planning to take supplements.

More on the menu

To access fact sheets on these top nutrients, scan the QR code or head to our website.



