








Get the goodness in

Your guide to the top nutrients for women

	Found in ...	Good for ...
 Calcium	Dairy (e.g. milk, cheese, yoghurt) Firm tofu Tinned sardines Some dairy alternatives (check the label)	Bones Teeth Muscles
 Folate	Green leafy vegetables (e.g. spinach, kale) Brussels sprouts Lentils and chickpeas Oranges	Pregnancy Cell growth Making DNA
 Iodine	Iodised salt Bread (excluding organic bread) Seafood (e.g. fish, prawns, oysters) Eggs	Pregnancy Breastfeeding Hormonal health
 Iron	Red meat Chicken and turkey Seafood Legumes (e.g. lentils, soy beans)	Energy Periods Immune health
 Magnesium	Green leafy vegetables Legumes Nuts and seeds Whole grains	Muscles Nerves Blood sugar levels
 Protein	Lean red meat Chicken and turkey Seafood Whole soy foods (e.g. tofu, tempeh)	Energy Muscles Satisfying hunger
 Vitamin B	Whole grains Meat (e.g. red meat, chicken) Fish Legumes	Energy Brain health Healthy cells
 Vitamin D	Sunshine on your skin Oily fish (e.g. salmon, trout) Egg yolks Red meat	Bones Hormonal health Brain health

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.

