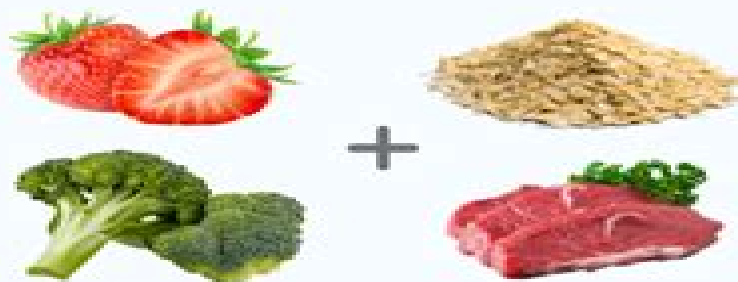


PAIR THESE FOODS FOR BETTER NUTRITION

HOW WE COMBINE CERTAIN FOODS CAN SIGNIFICANTLY IMPACT THE NUTRITIONAL BENEFIT WE RECEIVE FROM THEM



VITAMIN C & IRON

As an antioxidant, vitamin C aids in the absorption of iron. It helps convert non-heme iron into a form more easily absorbed by the body.



COMPLEMENTARY PROTEINS

Very few plant-based foods contain all the nine essential amino acids. By pairing complementary proteins, a complete protein can be created.



FAT & FAT-SOLUBLE VITAMINS

A source of dietary fat will enhance the absorption of the four fat-soluble vitamins (A, D, E & K).



OLIVE OIL & LYCOPENE

The absorption of lycopene (an antioxidant) is enhanced when cooked and served alongside olive oil.

Foods For Better Health

G Orfield



Foods For Better Health:

Decoding **Foods For Better Health**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Foods For Better Health**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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