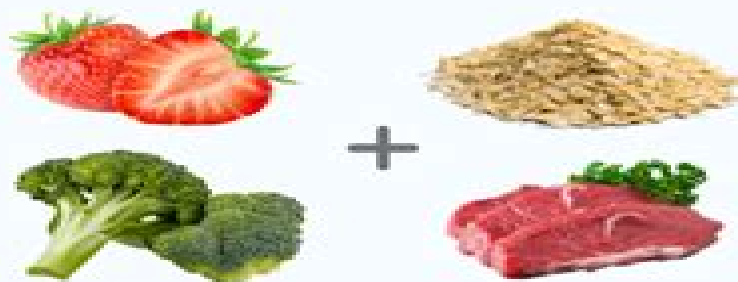


PAIR THESE FOODS FOR BETTER NUTRITION

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

Rosina Ehmann



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