



# HEALTH AND WELLBEING CHECKLIST

Date

2

## Boosting Vitamin Intake

Ensuring adequate vitamin intake promotes overall health and prevents deficiencies. Use this checklist to boost your daily vitamin levels.

### Eat a Variety of Fruits and Vegetables

- Aim for at least 5 servings daily, including a mix of colours to ensure diverse nutrients.
- Example: Berries for vitamin C, spinach for vitamin A, and sweet potatoes for vitamin E.



### Incorporate Whole Foods

- Focus on nutrient-dense options like nuts, seeds, and whole grains for sustained energy.
- Tip: Replace processed snacks with raw almonds, sunflower seeds, or oatmeal.



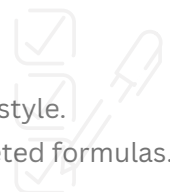
### Choose Fortified Foods

- Look for products fortified with essential vitamins, such as vitamin D in milk or plant-based alternatives.
- Tip: Check labels for fortified cereals or bread with added B vitamins or iron.



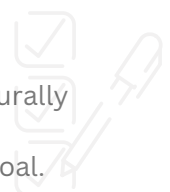
### Take a Daily Multivitamin (If Needed)

- Consult your doctor to see if supplementation is necessary based on your diet and lifestyle.
- Tip: Choose a multivitamin that meets your specific needs, such as age or gender-targeted formulas.



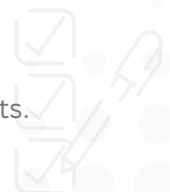
### Get Sunlight for Vitamin D

- Spend 10-30 minutes outdoors daily, depending on your skin type and location, to naturally produce vitamin D.
- Tip: Combine outdoor activities like walking or gardening with your sunlight exposure goal.



### Include Healthy Fats

- Help your body absorb fat-soluble vitamins (A, D, E, K) by pairing meals with healthy fats.
- Example: Drizzle olive oil on roasted vegetables or add avocado slices to your salad.



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Checklists



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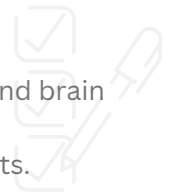
### Consume Iron-Rich Foods

- Combine iron-rich foods with vitamin C for better absorption and increased benefits.
- Example: Eat spinach with a squeeze of lemon or pair lentils with tomatoes in a stew.



### Check Your B Vitamins

- Include foods like eggs, meat, fortified cereals, or nutritional yeast to support energy and brain health.
- Tip: Vegetarians can focus on B12-fortified foods or consult a doctor about supplements.



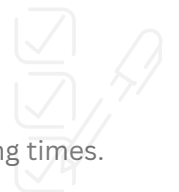
### Monitor Your Intake of Key Minerals

- Ensure adequate magnesium, calcium, and zinc intake to support overall health.
- Example: Add almonds (magnesium), dairy (calcium), and pumpkin seeds (zinc) to your meals.



### Avoid Overcooking

- Steam or sauté vegetables to retain their vitamin content and preserve nutrients.
- Tip: Use minimal water when cooking to reduce nutrient loss and opt for shorter cooking times.



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