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NUTRIENTS YOU NEED TO ENGINEER A DIVERSE DIET
CREATE A BALANCED PLATE TO GET EVERYTHING YOUR BODY NEEDS
Small changes are all you need to make a difference!

1. Calcium
   Calcium from yogurt, milk and other dairy products, canned sardines, and fortified orange juice is needed to build bones and facilitate muscle contractions.

2. Magnesium
   Bran cereal, brown rice, mackerel, almonds, and cooked spinach are great sources of magnesium. This mineral is required to make ATP, the energy source for cellular processes.

3. Potassium
   Potassium maintains fluid and electrolyte balance and aids nerve conduct and muscle contraction. You can find it in bananas, baked potatoes (with the skin), and raw tomatoes.

4. Vitamin D
   Vitamin D supports bone health and immune function. In addition to getting this vitamin from sunlight, find it in fatty fishes, eggs, and fortified dairy and plant-based milks.

5. Vitamin K
   Vitamin K, found in leafy green vegetables like kale, spinach, and broccoli, is necessary for blood clotting and bone calcification.

6. Choline
   Eggs, meat, seafood, and wheat germ are great sources of choline, a structural component of cell membranes and component of neurotransmitter synthesis.

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