

Nutrients your body may need more of when stressed

STRESSED

Note: Choose produce and animal products generally in this order: **Produce:** Certified Organic, Organic, and Locally Farmed. **Animal Products:** Wild, Organic Pasture Raised, Organic, and Locally Raised.

+ Potassium (found in leafy greens)	+ Phosphorous (found in meats and cheeses)
+ Carbohydrates (found in root vegetables)	+ Fat
+ Chromium (found in shellfish)	+ Protein
+ Zinc (found in seafood)	+ Calcium (found in dairy products)
+ Vitamins A, B, C, D, E, & K	+ Magnesium (found in dark chocolate)
+ Selenium (found in nuts and seeds)	

RESTORATIVE NUTRITION

