


## The Good Source Chart

We hear so much about foods that what we "should" or "shouldn't" be eating in our diets, it's easy to forget that it's a balanced combination of specific food nutrients that keep us healthy, maintains our weight and provides the energy to be active. This chart showcases many of the nutrients important for a healthy body, along with examples of the best food sources. You'll notice that **beans** are a part of each of these nutrient and mineral categories -- that's because beans are a miracle food. They are not only delicious, versatile and economical, but they are among the healthiest, well-rounded foods you can eat in any diet.


### **Protein**

*Building blocks for muscle*

- meats
- tofu
-  **-beans** and rice
- nuts


### **Calcium**

*Essential for keeping bones strong*

- bone-in canned fish
-  **-beans**
- dairy products
- dark, leafy greens


### **Magnesium**

*Maintains normal muscle and nerve function, aids in calcium absorption*

-  **-beans**
- cooked broccoli
- avocados
- yogurt


### **Potassium**

*Aids in protein synthesis, muscle functioning and nerve health*

-  **-beans**
- bananas
- beef
- vegetables


### **Flavonoids**

*An antioxidant known to reduce incidence of coronary artery disease and cancer*

-  **-beans**
- apples
- cranberries


### **Folate (Vitamin B9)**

*Influences growth, blood cell production and the nervous system*

-  **-beans**
- oranges
- fortified dry cereal
- liver


### **Iron**

*Necessary for healthy blood, growth and development*

- red meat, liver
-  **-beans**
- dark vegetables


### **Thiamin (Vitamin B1)**

*Regulates enzymes that influence the functions of the muscles, nerves and heart*

-  **-beans**
- potatoes
- shrimp


### **Phosphorus**

*Helps build strong bones and teeth, also related to healthy metabolism*

-  **-beans**
- dairy products
- meat


### **Zinc**

*An essential mineral that supports a healthy immune system and growth*

-  **-beans**
- fortified breakfast cereal
- meat

### **Pantothenic acid (Vitamin B5)**

*Influences normal growth and development*

-  **-beans**
- leafy dark greens
- whole grains
- meat


### **Pyridoxine (Vitamin B6)**

*Helps maintain healthy red blood cells, skin and nervous system functioning*

-  **-beans**
- bananas
- pork
- fish
- potatoes


### **Riboflavin (Vitamin B2)**

*Influences energy production, healthy skin, digestive and respiratory systems*

-  **-beans**
- dairy products
- liver
- green leafy vegetables

### **Niacin (Vitamin B3)**

*Helps produce energy and aids in maintaining healthy skin and digestive system*

-  **-beans**
- liver
- chicken
- nuts
- whole grains