

NUTRIENS YOU DON'T WANT TO OVERLOOK IN YOUR FOOD STORAGE



Have you planned protein, calories and used food preservation techniques that retain nutrients?

Don't forget about these important nutrients when you plan your food storage.

MAGNESIUM:

- Buckwheat, quinoa,
- Potatoes, tomatoes
- Pumpkin seeds, cashews, sunflower seeds
- Soybeans, lima beans, pink beans, navy beans
- Figs, apricots, prunes, peaches

OMEGA 3

- Flax seeds
- Hemp hearts
- Chia seeds
- Walnuts
- Canola & soybean oil

FIBER

- Beans & lentils
- Whole grains
- Freeze dried produce
- Canned produce
- Nuts & seeds

Aim for variety within these categories

IRON

- Soybeans, kidney beans, black-eyed peas, pink beans, white beans, pink & red lentils
- Pumpkin seeds, sesame seeds, sunflower seeds, cashews
- Tefft, amaranth, whole wheat, quinoa, spelt, oats, millet

PLANT PROTEIN:

- Soybeans, mung beans, lentils, kidney beans, navy beans
- Pumpkin seeds, sunflower seeds, pistachios
- Hard red wheat, kamut, oats, amaranth, tefft, spelt

SWEETS & SPICES

Don't forget to include the little ingredients that make food taste good.

Have a variety of herbs, spices, condiments, and other flavorful foods to add enjoyment to what you store.