

# MAXIMIZE YOUR NUTRIENTS CHART

Tips for improving nutrient absorption in your meals.

Food Combinations	What It Does	Examples
Iron + Vitamin C	Improves Iron Absorption	Top bean tacos with some diced bell pepper. Add orange juice to stir-fry sauces for your next tofu dish.
Zinc + Garlic and Onion	Improves Zinc Absorption	Add garlic and onions to a stir-fry using brown rice. Cook a batch of beans using garlic and onion.
Fats + Fat Soluble Nutrients	Helps increase the absorption of antioxidants like lycopene, beta-carotene and more.	Fold in some avocado into a bean salad or salsas. Cook down some tomatoes in olive oil for nutrient-rich sauces.
Soaking/Sprouting	Helps unlock more iron, zinc, calcium and protein from your legumes and grains.	Soak beans overnight before using or use canned beans and rinse them really well. Opt to purchase sprouted grains like oats or bread for a little nutrient boost.
Calcium + Vitamin D	Vitamin D help improve calcium absorption	Get vitamin D from sunlight, fortified foods or supplements to help get more out of your calcium- rich foods.
Turmeric + Black Pepper	Absorb the antioxidant curcumin more efficiently	You just need a little bit of pepper to activate this. Add to curries or a pinch when adding turmeric to things like smoothies, oats or other beverages.
Cooking/Heat	Helps break down cells in plants to release more nutrients	Think beans, carrots, tomatoes, spinach, mushrooms, cabbage, asparagus, green beans, kale, etc.
Grinding/Juicing	Helps remove fibers that prevent absorption of certain nutrients.	Flaxseeds should be ground before using to help maximize omega 3 absorption.
Variety on Your Plate	Eating variety makes sure that you are getting the most nutrients out of your meals.	Use the plate method to make sure you are including foods from different food groups together.
Protein at Each Meal	Add protein rich sources at most meals to maximize on your amino acid intake (especially lysine).	Use soy or pea milk to make oats or tofu scramble at breakfast. Mash up some chickpeas to use in a sandwich at lunch. Serve some seitan strips or your fav vegan meats with some grains and veggies.