



Increasing Your Nutrient Absorption With Food Pairings

Spinach and citrus—Heme iron comes from animal proteins, and non-heme iron is found in plant foods. Vitamin C can aid in absorbing non-heme iron, protecting against inflammation and chronic diseases. For ideal absorption, pair spinach with citrus fruits or other vitamin c-loaded foods.

March is recognized as National Nutrition Month, and it's a great time to evaluate the food and beverages you're putting into your body.

Citrus and green tea—Green tea is rich in epigallocatechin gallate (EGCG), which is associated with increased metabolism and reduced inflammation. When paired with citrus,

such as orange or lemon, your body can better absorb EGCG. They need to be paired with other nutrients for your body to get the most value out of them. For more information, simply eat certain food combinations together.

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Food Combos to Try

Nutritionists recommend the following common food pairings to aid in the best nutrient absorption:

...d salmon) can increase the ...
...oids in plants. These ...
...al for healthy eyes, skin and ...
...althy fats are a great way ...
...d get essential nutrients.

