

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