

THE NOURISHING TEN

The Micronutrient Adequacy Checklist



Eating a wide variety of nutrient-dense foods across the week helps you reach your recommended intake levels of essential vitamins and minerals. The Nourishing Ten are ten nutrient-dense whole foods you should aim to eat more of. *Salt* is a nutrient-enhancer and is *11th* on the list. It contains sodium, which is an essential mineral we could not live without. *Water* is *12th* on the adequacy checklist. Our bodies are predominantly made of water and adequate hydration is the foundation to good health. Columns 1-14 are for you to track the number of times you eat a given portion of nutrient-dense food across a two-week period. Tick the box if you have consumed the specified food on a given day and leave the box blank if you did not. After two weeks, this will leave you with a clear indication: the foods that are easy for you to eat enough of and the foods you may want to keep a closer eye on.

The Nourishing Ten (portion size)	Week 1							Week 2						
	1	2	3	4	5	6	7	1	2	3	4	5	6	7
1. Fish (150 g)														
2. Organ meat (100 g)														
3. Whole eggs (2 large)														
4. Red meat (150 g)														
5. Cheese (30 g)														
6. Dark chocolate (≥85%) or pure cacao powder (30 g)														
7. Avocado (100 g flesh)														
8. Green leafy vegetables (1 cup)														
9. Brazil nuts (2 pieces)														
10. Olive oil (20 mL)														
Salt (1 tsp)														
Water (6 cups)														