

Nutrients in Balance (Quick Check Sheet)

Nutrients that work together well

Good Sources			Good Sources
Sunlight	Vitamin D + Calcium		Seeds
Salmon		Sardines	
Tuna		Almonds	
Egg Yolks		Broccoli	
Beef Liver		Almond Milk	

Good Sources			Good Sources
Chili Peppers	Vitamin C + Iron		Shellfish
Blackcurrents		Spinach	
Kale		Liver	
Kiwis		Pumpkin Seeds	
Broccoli		Mussels	

Good Sources			Good Sources
Pork	Vitamin B6 + Magnesium		Dark Chocolate
Chicken		Avocados	
Eggs		Almonds	
Tuna		Cashew Nuts	
Salmon		Salmon	

Good Sources			Good Sources
Liver	Vitamin B12 + Folate (Vitamin B9)		Kidney Beans
Sardines		Asparagus	
Beef		Eggs	
Tuna		Spinach	
Salmon		Beetroot	

Nutrients that don't play well together

Copper	X	Magnesium Zinc Vitamin B12
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Iron	X	Calcium Magnesium Caffeine
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Vitamin B12	X	Vitamin B1 Vitamin C
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Calcium	X	Magnesium
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Zinc	X	Folate (Vit B9) Magnesium
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Phyrates	X	All Trace Minerals
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Alcohol	X	Vitamin B Complex
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Vitamins C & E		Both Inhibit Insulin Sensitivity (Avoid Post Workout)
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Nutrients that should be in balance

		Good Target Ratio
Omega 3	: Omega 6	(1:3)
Sodium	: Potassium	(1:3)
LDLs	: HDLs	(See Notes)

Notes

Omega 3s are considered the 'healthy' option
But the ratio is more important.
Whilst the ration should favour Omega 6s.
Most people have a ratio skewed heavily
in favour of Omega 6, so an increase in
Omega 3 is required to reset the balance.

The opposite is true with Sodium & Potassium
More often Sodium is over consumed.

LDL (Low Density Lipoproteins) intake can be
controlled.

HDL (High Density Lipoproteins) can not.
The reason for inclusion here is to show
it is not the amount of cholesterol intake
that is 'Bad' but rather the balance.
You can have high cholesterol safely, if the
two are in balance.

See the full breakdown at:

www.dcsfit.com/multivitamins-waste-money/



www.dcsfit.com