

## Food Frequency Activity

This is a great activity to get a quick overview of your diet, and whether you're eating the range of foods needed to cover your nutritional needs. It can help flag if certain nutrients may be at higher risk for you based on your diet, and potentially some blind spots for health.

Of course, we are not only what we eat but what we absorb, and at times some of us will have higher demand of certain nutrients beyond what our diet can cover. However, absorption and increased demand are still secondary considerations if the nutrient is not present in your diet in sufficient amounts.

Enjoy this little activity and see what insight it offers you.

### Instructions:

For each of the Vitamins or Minerals listed on the following table, you'll see a list of the best food sources for them. This is roughly ranked from foods highest in that nutrient first, through to those with less. The foods listed first in each category contain the highest amount of that nutrient.

As you read through these foods, circle which ones you eat most days or at least several times a week. Underline those you eat occasionally. Don't stress too much about it, just try to answer instinctively as to whether you're going to circle, underline or do neither for each food.

Once you have completed the table, have a look at your answers.

Do you have foods circled in each category?

Are those foods towards the start of the list or only towards the end?

What feeling do you get about whether you're likely to be eating foods that contain sufficient amounts of each nutrients?

Remember, no judgment, and no beating yourself up. This is purely an opportunity for reflection and to increase your awareness.

Circle = eat most days or at least several times a week

Underline = occasionally

Nutrients	Best Sources
Calcium	Other than dairy products- John West Tuna with calcium, tinned salmon and sardines (including the bones), tahini, wheat germ, dried Figs, egg yolks, black strap molasses, soybeans, almonds, Brazil nuts, sunflower seeds, anchovy, snapper, crab meat, prawns, scallops, mussels, oysters, cabbage- bok choy, mustard greens, spinach, kale, chickpeas
Chromium	Brewer's yeast, rye, wheat germ, green capsicum, fresh chilli, potato, parsnips, eggs, chicken, oysters
Iodine	Oysters, Seaweed (nori, dulse, wakame, kelp, kombu), fish and other shellfish, eggs, cheddar cheese, organic strawberries, cranberries, spinach
Iron	Liver, beef, kangaroo, lamb, kidney beans, lentils, tofu, chickpeas, salmon, tinned tuna, pork, chicken, parsley, dark green leafy vegetables, egg yolks, almonds, cashews, black strap molasses
Magnesium	Almonds, buckwheat, Green leafy vegetables, beetroot greens, legumes (black eyed beans, tempeh, soybeans), pepitas, brazil nuts, sunflower seeds, flaxseeds, cashews, seaweed, wheat germ, quinoa, other legumes and wholegrains. Figs, fish, garlic also good.
Manganese	Green tea, brown rice, spinach, pecans, oats, pineapple, almonds, avocado, seaweed, egg yolk, legumes, chestnuts, brazil nuts, hazel and walnuts, Wholegrains (buckwheat, barley, millet) beetroot and parsley, lettuce, watercress, Brussel sprouts
Potassium	All green leafy vegetables, kelp, legumes (soy, mung and lima beans, chickpeas, lentils), chestnuts, parsley, sesame seeds, nuts (brazil, pecan, hazel), figs, dates, raisins, bananas, chicken, wheat germ, potato skins, blackstrap molasses.
Selenium	Seafood, organ meats, Brazil nuts, meat, dairy, eggs, wholegrains, brown rice, garlic, brewer's yeast.
Zinc	Oysters, beef, crab, lobster, chicken, pork, baked beans, yoghurt, pepitas, pecans, almonds, walnuts, sardines, buckwheat, hazelnuts, split peas, lima beans
Vitamin A	Liver, cod liver oil, pastured egg yolks, butter and cream from grass fed dairy. Carotene: all dark red, orange and green vegetables esp carrots, sweet potato, kale, dandelion, watercress, parsley, spinach, capsicums, apricots, pawpaw. <i>Vegetarian options provide carotene; need to be converted in the body to Vit A.</i>
B Vitamins (varies each one)	Liver, organ meats, meat, seafood, Brewer's yeast, wholegrains, nuts and seeds, egg yolks, green vegetables, legumes,
Folic Acid	Liver, Green leafy vegetables, asparagus, broccoli, lentils and legumes, citrus fruits, avocado, beans, peas, okra, papaya, strawberries, Brussel sprouts, nuts and seeds, beetroot, pumpkin, celery, corn, carrot.
Vitamin C	Red capsicum, orange, chilli, green capsicum, guava, kiwi, broccoli, strawberries, rockmelon, papaya, mango, pineapple, berries, watermelon, Brussel sprouts, grapefruit, cabbage, cauliflower, potato, tomato, green leafy vegetables,
Vitamin D	Sunshine, liver, cod liver oil, oily fish such as salmon, herring and sardines, caviar, oysters, eggs (yolks), mushrooms, prawns
EFA	Omega 3: salmon, mackerel, sardine, herring, tuna, chia seeds, walnuts, flaxseeds (oil and meal), pastured eggs, grass fed meat, cod liver oil. Tiny amounts in seaweed also. Omega 6: Raw nuts and seeds, legumes, wholegrains, avocado, fresh coconut Omega 9: Olive oil, nuts