



# 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,

Did you know that some nutrients are absorbed more optimally when paired with other nutrients? For example, iron is absorbed best when paired with vitamin C. They need to be paired with other nutrients for your body to get the most value out of them. For more information, it's important to talk to your doctor or a nutritionist together.



## Food Combos to Try

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

• Salmon and spinach (omega-3 fatty acids and iron) can increase the absorption of iron in plants. These pairings are also beneficial for healthy eyes, skin and heart health. Healthy fats are a great way to absorb vitamins and get essential nutrients.

