

B vitamins

B vitamins support metabolism and contribute to the body's ability to produce energy.

Food sources

meat, poultry, liver, fish, eggs, milk, cheese, wheat flour, wholegrain breads, wheatgerm, some fortified breakfast cereals, oats, wholegrain rice, fresh and dried fruit, most vegetables especially peas, potatoes, tomatoes, broccoli, watercress, mushrooms, asparagus, cauliflower, peppers, soya beans, peanuts.

Iron

Iron is a mineral. Its main purpose is to carry oxygen in the hemoglobin of red blood cells throughout the body so cells can produce energy.

Food sources

liver, meat, beans, nuts, dried fruit especially dried apricots, wholegrains such as brown rice, fortified breakfast cereals, chia seeds, spirulina, most dark leafy green vegetables such as spinach and kale.

Magnesium

Magnesium helps turn the food we eat into energy. It also helps maintain healthy bones and a healthy heart.

Food sources

green leafy vegetables, whole grains, beans and nuts, brown rice, fish, meat, milk, yoghurt, some fortified breakfast cereals, chia seeds, sunflower seeds.

Vitamin C

Vitamin C helps turn food into energy and aids the absorption of iron. It also supports a healthy immune system and is a powerful antioxidant

Food sources

peppers, broccoli, watercress, cauliflower, cabbage, strawberries, blackcurrants, kiwifruit, lemons, oranges, tomatoes, grapefruit, peas, melons, limes, brussels sprouts, potatoes.

Chromium

Chromium plays a role in how the body uses glucose. It can also help balance blood sugar and reduce cravings.

Food sources

meat, wholegrains, brewers yeast, wholegrain and rye bread, wheatgerm, potatoes, lentils, broccoli, oysters, eggs, chicken, lamb, green peppers, apples, parsnips.

Coenzyme Q10

CoQ10 is an enzyme stored in the mitochondria of your cells. The mitochondria are in charge of producing energy. They also protect the cell against oxidative damage and disease-causing bacteria and viruses.

Food sources

sardines, mackerel, soya oil, pork, walnuts, spinach, sesame seeds, peanuts.