

GET YOUR NUTRIENTS FROM DELICIOUS FOODS



WellCats

Live. Work. Be Well.

Fat soluble vitamins

*DV= Daily Value

Vitamin A DV ~900 mcg



1c carrots
1329 mcg
148%



6oz tuna
1287 mcg
143%



1c butternut squash
1144 mcg
127%



1c sweet potato
1096 mcg
122%



6oz salmon
28 mcg
142%



1c tofu
6 mcg
32%



8oz milk
6 mcg
32%



1c lowfat yogurt
3 mcg
16%

Vitamin D DV ~20 mcg

Vitamin E DV ~15 mg



1oz sunflower seeds
7 mg
49%



1oz almonds
7 mg
49%



1c cooked spinach
4 mg
25%



1c butternut squash
3 mg
18%



1c kale
1062 mcg
885%



1c broccoli
220 mcg
183%



1c cabbage
163 mcg
136%



1c asparagus
91 mcg
76%

Vitamin K DV ~120 mcg

Water soluble vitamins

Vitamin C DV ~90 mg



1c kiwi fruit
167 mg
185%



1c bell peppers
152 mg
169%



1c oranges
96 mg
106%



1c strawberries
59 mg
65%

Water soluble vitamins cont.

Thiamin (B1) DV ~1.2 mg



6oz pork chop
1.1 mg
96%



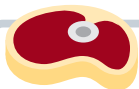
6oz salmon
0.6 mg
48%



1oz flax seeds
0.5 mg
39%



1c navy beans
0.4 mg
36%



6oz steak
1.5 mg
112%



1c tofu
1mg
76%



6oz salmon
0.8 mg
64%



1c mushrooms
0.5 mg
38%

Riboflavin (B2) DV ~1.3 mg

Niacin (B3) DV ~16 mg



6oz salmon
18 mg
108%



6oz chicken breast
16 mg
100%



1c portabella mushrooms
8 mg
47%



1c brown rice
5 mg
32%



1c mushrooms
3.4 mg
69%



6oz salmon
3.3 mg
65%



6oz chicken breast
2.7 mg
54%



1oz sunflower seeds
2 mg
40%

Pantothenic Acid (B5) DV ~5 mg

Pyridoxine (B6) DV ~1.7 mg



6oz tuna
1.8 mg
104%



6oz chicken breast
1.6 mg
100%



1c sweet potato
0.6 mg
35%



1c sliced banana
0.6 mg
32%



1c edamame
482 mcg
121%



1c lentils
358 mcg
90%



1c asparagus
268 mcg
67%

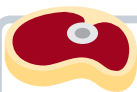


1c cooked spinach
263 mcg
66%

Folate (B9) DV ~400 mcg

Water soluble vitamins cont.

**Vitamin
B12**
DV ~2.4 mcg



6oz steak
12.8 mcg
533%



1 c fortified cereal
~6.1 mcg
254%



8oz milk
1.3 mcg
54%



1oz cheese
0.9 mcg
36%

Essential minerals



1c low-fat yogurt
488 mg
38%



8oz milk
299 mg
23%



1c cooked spinach
245 mg
19%



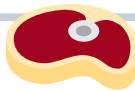
1c black-eyed peas
211 mg
16%

Calcium
DV ~1300 mg

Iron
DV ~18 mg



1c fortified cereal
~16 mg
88%



6oz steak
9.3 mg
52%



1c white beans
6.6 mg
37%



1c quinoa
2.8 mg
15%



6oz salmon
1068 mg
23%



1c white beans
1004 mg
21%



1 medium potato
926 mg
20%



1c squash
~896 mg
19%

Potassium
DV ~ 4,700mg

Phosphorus
DV ~1250
mg



6oz tuna
566 mg
45%



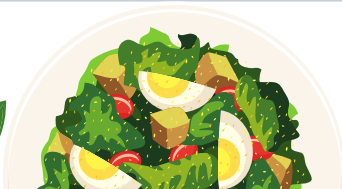
6oz chicken breast
410 mg
33%



1c lentils
356 mg
29%



1oz pumpkin seeds
350 mg
28%



Essential minerals cont.

Magnesium DV ~420 mg



1c cooked spinach
157 mg
37%



1oz pumpkin seeds
156 mg
37%



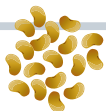
6oz tuna
109 mg
26%



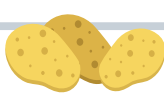
1c brown rice
86 mg
20%



6oz salmon
1068 mg
23%



1c white beans
1004 mg
21%



1 medium potato
926 mg
20%

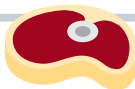


1c squash
~896 mg
19%

Potassium DV ~ 4,700mg



6oz tuna
184 mcg
334%



6oz steak
61 mcg
111%



1 c whole wheat pasta
43 mcg
77%



3oz shrimp
42 mcg
77%

Selenium DV ~55 mcg



6oz steak
15 mg
140%



4oz chicken thigh
5mg
49%



1oz hemp seeds
3 mg
26%



1c lentils
3mg
26%

Zinc DV ~ 11mg



100% DV Sample Menu



Breakfast

Pumpkin-Spiced Oats

3/4c quick oats
1/4c canned pumpkin
1/3c milk
1/2oz pumpkin seeds
Maple syrup
Cinnamon
1c strawberries

Lunch

White Bean Soup

1/4c white beans
1-2c chicken broth
1 diced potato
1/2c cooked spinach
1 WG roll
1/2 TB butter

Dinner

Salmon Stir-Fry

3oz salmon
1c sliced zucchini
1/4c diced onion
1c brown rice
1 TB sunflower oil
Teriyaki sauce

Snack

Crunchy Parfait

1/2c greek yogurt
1/2c fortified cereal
1c sliced banana
1/2oz sunflower seeds
Honey