Meats/Meat Alternates

Health Benefits
Bone Growth and Development
Energy Production
Heart Disease Risk Reduction

Nutrients
B Vitamins
Choline
Copper
Iron
Magnesium
Phosphorus
Protein
Unsaturated fats
Vitamin D
Vitamin E
Zinc

Food Sources
Peanut Butter
Poultry
Pork
Beans and Peas
Fish
Eggs
Tofu
Beef
Yogurt

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