

# NOURISHMENT

## NUTRIENT PAIRING FOR BOOSTING HEALTH BENEFITS

Want to boost the health benefits of foods you're already eating? Try these nutrient pairings!

### CURCUMIN + CAPSAICIN

(AND/OR PIPERINE)

### VITAMIN C + ZINC/IRON

### CARBS + PROTEIN + FAT

#### WHERE TO FIND IT

Curcumin is found in turmeric, capsaicin can be found in cayenne pepper, and piperine in black pepper.

Vitamin C is found in fruits and many vegetables, while zinc is found in seafood, lentils and nuts. Lentils and nuts are also great sources of iron, along with tofu, dark leafy greens, seeds, and beans.

Carbs are found in starchy and sweet foods like bread, potatoes, rice, fruits, and others. Protein sources include legumes and animal products. Healthier fat sources include avocados, nuts and seeds, and olive oil.

#### HOW TO PAIR

In a smoothie, spice blend, sauce or salad dressing, these pairs can make a powerful antioxidant.

Oysters with lemon juice or a spinach salad topped with citrus vinaigrette and pumpkin seeds can help boost the immune system and prevent fatigue.

Adding protein and healthy fat to carbs helps your energy last longer by preventing a blood sugar spike and crash.



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