CHECKLIST · HEALTH WELLBEING

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Boosting Vitamin Intake



Ensuring adequate vitamin intake promotes overall health and prevents deficiencies. Use this checklist to boost your daily vitamin levels.

10 steps · Print-ready A4

NAME	START	TARGET DATE

1 Eat a Variety of Fruits and Vegetables

Aim for at least 5 servings daily, including a mix of colors to ensure diverse nutrients.

EXAMPLE *Berries for vitamin C, spinach for vitamin A, and sweet potatoes for vitamin E.*

2 Incorporate Whole Foods

Focus on nutrient-dense options like nuts, seeds, and whole grains for sustained energy.

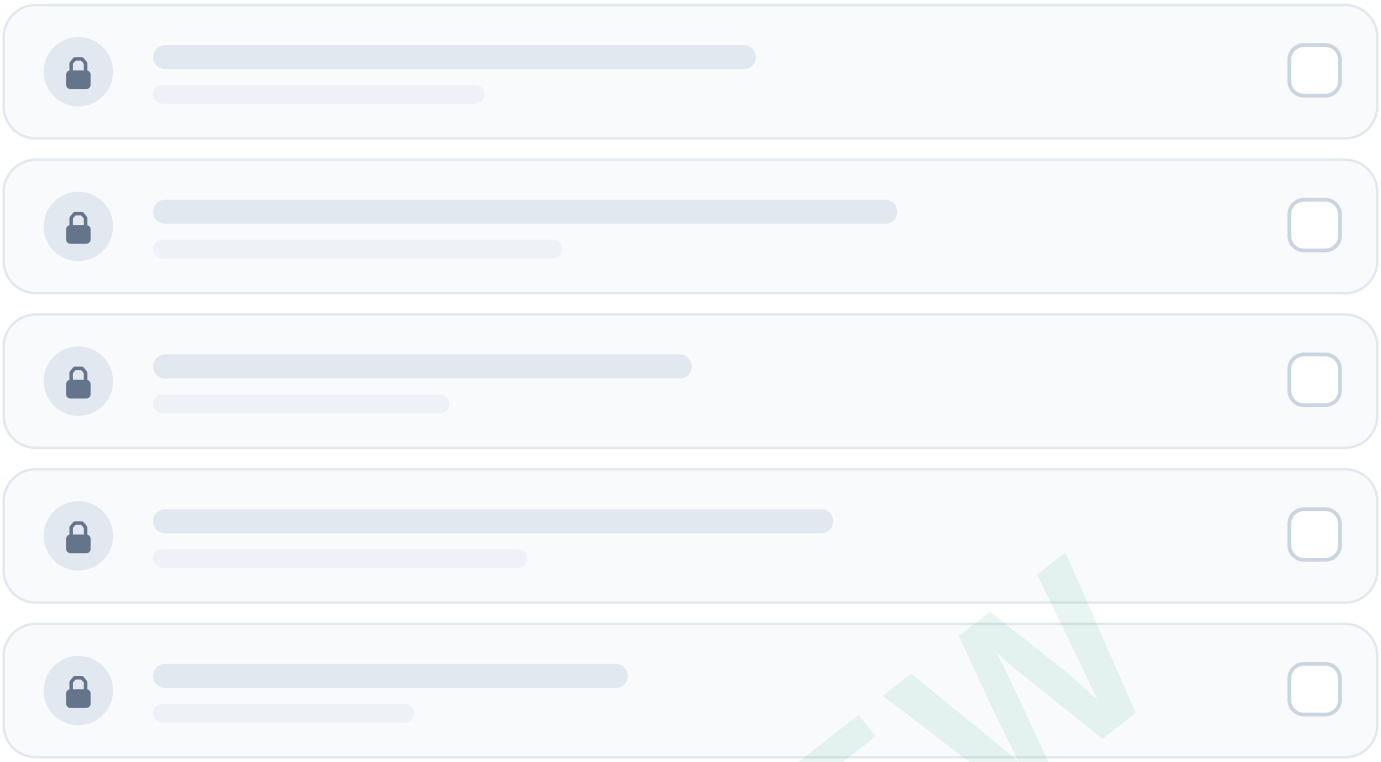
TIP *Replace processed snacks with raw almonds, sunflower seeds, or oatmeal.*

3 Choose Fortified Foods

Look for products fortified with essential vitamins, such as vitamin D in milk or plant-based alternatives.

TIP *Check labels for fortified cereals or bread with added B vitamins or iron.*

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