



Getting the micronutrients you need

Nutritional guide to support micronutrient levels

Harness the power of holistic nutrition



Micronutrients are the vitamins, minerals, and antioxidants we all need to stay healthy. A varied, nutritious diet rich in micronutrients has tremendous long-term health benefits—and provides the vital nutrients that are the building blocks of health. **Yet at least 1 in 3 Americans are at risk for nutritional deficiencies.¹**

Get the right micronutrients with a nutrient-dense diet. For best results, aim to include a variety of fruit and vegetable colors on your plate each day.

At least
1 in 3 
Americans are at risk for nutritional deficiencies¹

What if I'm already taking supplements?

Using supplements is another way to get essential micronutrients. Yet without knowing which nutrients you may currently lack, you run the risk of getting too much of certain supplements and that can also pose serious health risks.

To tailor your diet and supplements to your nutritional needs, ask your doctor about micronutrient testing.



Making nutrition easy—and delicious

Working highly nutritious foods into your routine doesn't have to be a challenge. Consider these creative tips for getting more healthy nutrients with every meal.

Micronutrient	Suggested foods
Vitamin A	Sweet potato, spinach, carrots, lentils, milk, red bell pepper ²
Vitamin C	Red and green bell peppers, broccoli, oranges, strawberries, brussels sprouts ²
Vitamin E	Sunflower seeds, almonds, peanuts, peanut butter, cooked spinach, broccoli, wheat germ ²
Vitamin D	Egg yolks, fortified cereals and milk, fatty fish (salmon, tuna) ²
B Vitamins: B1, B2, B3, B5, B6, B12	Eggs, dairy products, bananas, broccoli, avocado, sweet potatoes, mushrooms, nuts and seeds, fish and shellfish, brown rice ²
Folate	Asparagus, brussels sprouts, spinach, broccoli, romaine lettuce, avocado, dry beans, peas, lentils, wheat germ ²
Calcium	Plain yogurt, milk, apples, spinach, broccoli, kale, chia seeds ^{2,3}
Iron	White beans, lentils, spinach, oysters, chickpeas, tomato ²
Magnesium	Pumpkin and chia seeds, almonds, spinach, cashews, peanuts, black beans, edamame ²
Zinc	Oysters, crab, lobster, yogurt, cashews, lentils, chickpeas, oats, milk, almonds ²

Toss a handful of mushrooms—any common type will do—into soup, pasta, and other dishes. Just 1 three-quarter-cup serving of mushrooms adds significant vitamin power to a meal.⁴

Buy prechopped frozen vegetables to make prep easier.



Sauté green beans from frozen in a bit of water, drop green peas into pasta water, or pop frozen broccoli into the oven for a tasty addition to a meal.

Keep portable fruits, veggies, and nuts on hand.

Bananas, apples, oranges, and almonds all pack a powerful nutritional punch, and they're portable. Pick up precut carrots and celery from the deli, then combine them with peanut butter or a spinach dip for quick, healthy snacks at home.



Make blended smoothies with whole fruits and veggies



instead of juice, which doesn't retain fiber—an essential part of plants' contribution to nutrition.

Use nutrition-packed ingredients, such as riced or pureed cauliflower, in casseroles and soups or as a substitute for pasta and rice.

Choose cooking oils that are liquid at room temperature, such as avocado and olive oil: these offer health-promoting poly- and monounsaturated fats.

To know your micronutrient status, **ask your doctor about micronutrient testing**

References

- Bird JK, Murphy RA, Ciappio ED, et al. Risk of deficiency in multiple concurrent micronutrients in children and adults in the United States. *Nutrients*. 2017;9(7):655. doi:10.3390/nu9070655
- Gebhardt SE, Thomas RG. *Nutritive Value of Foods. Home and Garden Bulletin No. 72* (Table 5). US Department of Agriculture Agricultural Research Service. October 2002. https://www.ars.usda.gov/arsuserfiles/80400525/data/hg72/hg72_2002.pdf
- NIH Office of Dietary Supplements. Calcium Fact Sheet for Consumers. Updated November 17, 2021. Accessed December 2, 2021. <https://ods.od.nih.gov/factsheets/Calcium-Consumer/>
- Agarwal S, Fulgoni III VL. Nutritional impact of adding a serving of mushrooms to USDA food patterns—a dietary modeling analysis. *Food Nutr Res*. 2021;65. doi:10.29219/fnr.v65.5618

Image content features models and is intended for illustrative purposes only.

This brochure is for informational purposes only and is not suitable for medical advice, diagnosis, or treatment.

QuestDiagnostics.com

Quest Diagnostics Incorporated and its subsidiaries (Quest) complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. **ATTENTION:** If you speak English, language assistance services, free of charge, are available to you. Call 1.844.698.1022. **ATENCIÓN:** Si habla español (Spanish), tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.844.698.1022. **注意:** 如果您使用繁體中文 (Chinese), 您可以免費獲得語言援助服務。請致電 1.844.698.1022.

Quest, Quest Diagnostics, any associated logos, and all associated Quest Diagnostics registered or unregistered trademarks are the property of Quest Diagnostics. All third-party marks—® and ™—are the property of their respective owners. © 2022 Quest Diagnostics Incorporated. All rights reserved. PP10929 2/2022