



GET MORE OF THESE **4**

The 2015-2020 Dietary Guidelines for Americans state that four nutrients are a “public health concern.” Many people are not getting enough:

- Calcium
- Fiber
- Potassium
- Vitamin D

Try these tips to get more:

1. Eat more vegetables, fruits and legumes. These foods are rich sources of fiber and potassium. High-fiber bran cereal and shredded wheat also pack a fiber punch.
2. Eat more yogurt and drink milk. Both are good sources of calcium, potassium and vitamin D. Avoid sweetened yogurt. Instead, buy plain yogurt and add fresh fruit.
3. Eat seafood that’s high in vitamin D. This includes salmon, trout, whitefish, herring and tuna. Pregnant and nursing women should ask a doctor how much seafood they can eat.
4. Consider healthy foods that have vitamin D added, like soy milk, orange juice, dairy products and cereals.