

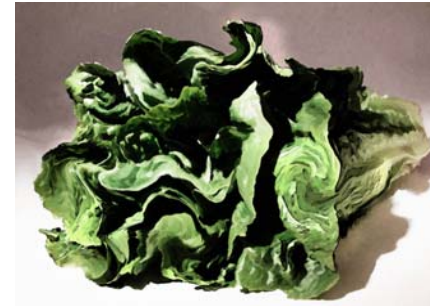
Potassium

Found in many fruits and vegetables.



Calcium

Found in dairy foods, dark leafy greens, & calcium enriched foods and beverages.

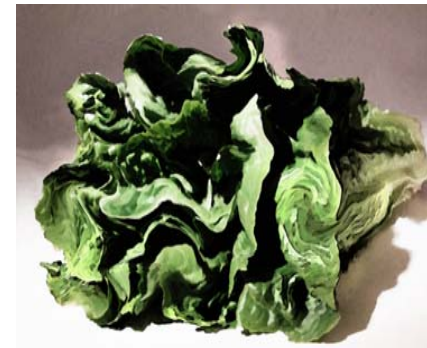
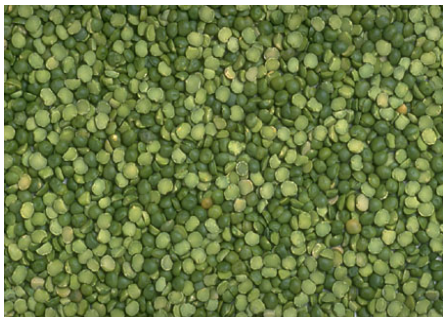


Tofu



Iron

Found in legumes, meats, & dark leafy greens.



Magnesium

Found in meat, milk, dark leafy greens, & dried beans



Tofu

Zinc

Found in meats, shellfish, poultry, legumes, and whole grains.

