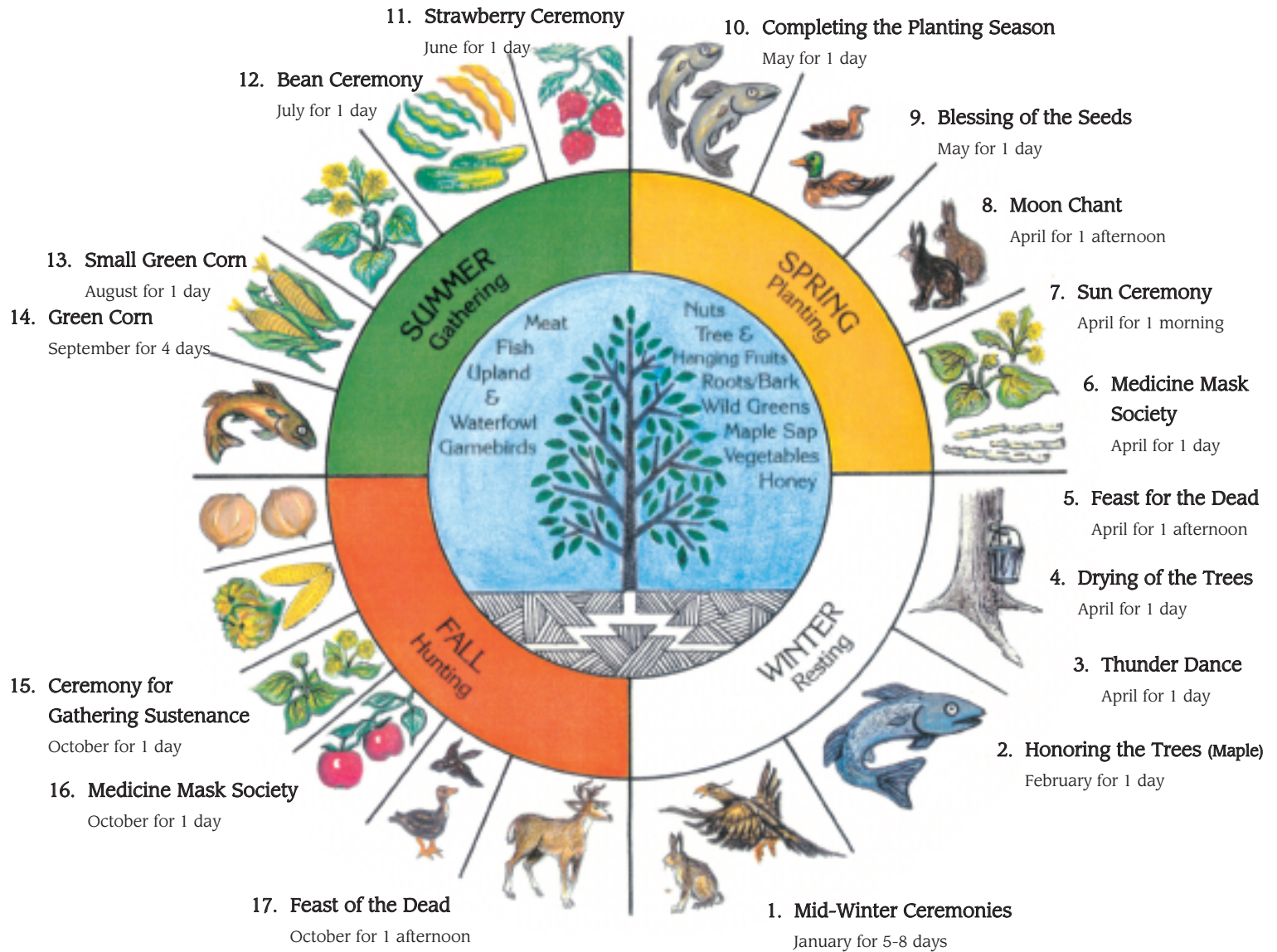
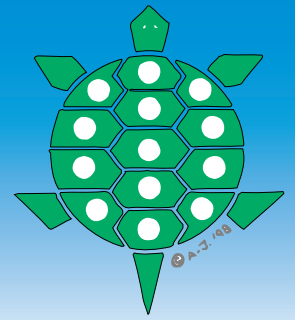


# Tree of Life

## Food Guide

### Cycle of Life (East to West)



Six Nations Health Services  
519-445-2418

Long Term Care/Home & Community Care  
519-445-1328



# Six Nations Long-Term Care/ Home & Community Care Program

P.O. Box 5000 Ohsweken, Ontario Canada N0A 1M0 · Tel: (519) 445-1679 Fax: (519) 445-4032

## Healthy Grocery Guide

### Vitamin A

- Carrots
- Cantaloupe
- Dandelion greens
- Spinach
- Sweet Potato
- Winter squash
- Broccoli
- Pheasant
- Cranberries
- Tomatoes
- Cheddar cheese
- Milk
- Tomato soup
- Butter
- Margarine

### Vitamin C

- Apple juice
- Baked apples
- Broccoli
- Cantaloupe
- Oranges
- Orange juice
- Strawberries
- Tomato soup
- Alfalfa sprouts
- Blackcaps
- Cabbage
- Dandelion
- Potatoes
- Tomatoes
- Tomato juices
- Turnip
- Vegetable juice
- Banana
- Blackberries
- Blueberries
- Cranberries
- Fiddle head
- Raspberries
- Spinach

### Iron

- Liver
- Prune Juice
- Almonds
- Sardines
- Pumpkin seeds
- Squash seeds
- All bran cereal
- Corn soup
- Beef

- Beans
- Turkey
- Pork
- Chicken
- Spinach
- Peas
- Raisins
- Sunflower seeds
- Bran flakes
- Egg
- Tomato Juice
- Plums
- Green Beans
- Oatmeal
- Chicken
- Eggs
- Haddock
- Hamburg
- Salmon
- Tuna
- Broccoli
- Dandelion greens
- Corn flakes
- Bran muffins

### Calcium

- Milk
- Cheese
- Corn soup
- Corn bread
- Cottage cheese
- Yogurt
- Broccoli
- Rhubarb
- Ice cream
- Crab
- Pickerel
- Dandelion greens
- Sunflower seeds

### Fiber

- All bran
- Peas
- Beans
- Sweet Potato
- Whole Wheat bread
- Shredded wheat
- Blackberries
- Broccoli
- Carrots
- Corn kernel
- Pear
- Raspberries

- Spinach
- Turnip
- Bran flakes
- Oatmeal
- Shreddies
- Apple
- Banana
- Blueberries
- Cabbage
- Potato
- Strawberries
- Tomatoes

### Folic Acid

- Turnip greens
- Spinach
- Butter head lettuce
- Kidney beans
- Navy beans
- Pinto beans
- Black beans
- Black-eyed beans
- Split peas
- Green peas
- Lima beans
- Meat
- Seafood
- Asparagus
- Broccoli
- Whole grain breads
- Cereals
- Flour
- Macaroni
- Rice
- Cornmeal

### Protein

- Animal
- Fish
- Birds
- Peanut Butter
- Milk
- Eggs

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