

FOODS THAT SUPPORT CELLULAR HEALTH

NUTRITION THAT SUPPORTS CELLULAR HEALTH

- include protein at meals,
- eat colorful vegetables daily,
- prioritize healthy fats,
- reduce ultra-processed foods,
- and maintain consistent meal timing when possible

PROTEINS

Healthy cells continuously repair and replace proteins, so adequate protein intake supports:

- cellular repair,
- protein quality control,
- and metabolic resilience.

Good protein sources include:

- eggs
- fish
- poultry
- Greek yogurt
- legumes
- quality meats

MINERALS

- leafy greens,
- legumes,
- nuts,
- seeds,
- seafood,
- dairy,
- whole foods with minimal processing.

Key minerals include:

- magnesium,
- potassium,
- zinc,
- iron,
- selenium,
- sodium,
- calcium

The foods and habits we repeat daily help shape how efficiently our cells function over time..

OMEGA-3'S

DHA is especially important for:

- brain membranes,
- nervous system tissue,
- and retinal tissue.

EPA and DHA are found in:

- salmon
- sardines
- mackerel
- anchovies
- herring

ALA is found in:

- flaxseed
- chia seeds
- walnuts

Omega-3s become incorporated into cell membranes and help support healthy cellular signaling and membrane flexibility.

ANTIOXIDANTS

Antioxidant-rich foods include:

- berries,
- leafy greens,
- colorful vegetables,
- herbs,
- spices,
- green tea,
- nuts,
- and seeds.

Important antioxidants include:

- vitamin C
- vitamin E
- selenium
- polyphenols
- carotenoids
- glutathione-related compounds

HYDRATION

Signs of inadequate hydration include: Electrolytes such as:

- fatigue,
- headaches,
- poor concentration,
- muscle cramps,
- and reduced exercise tolerance.
- sodium,
- potassium,
- magnesium,
- and calcium

help regulate fluid movement and cellular communication.