

# Essential Survival Nutrition Guide

## 1. Macro-Nutrients

- ☐ **Protein:** Meat (canned/dried), beans, lentils, nuts, powdered eggs
- ☐ **Fats:** Oils (olive, coconut), canned fish (sardines, salmon), flaxseed
- ☐ **Carbohydrates:** Rice, pasta, oats, flour, root crops

## 2. Critical Micro-Nutrients

- ☐ **Vitamin C:** Dried fruits, citrus powder, sprouted seeds (lentils, mung), pine needle tea
- ☐ **Vitamin D:** Sunlight exposure, canned fish, D3 supplements
- ☐ **Vitamin A:** Liver, orange veggies, dark leafy greens
- ☐ **B Vitamins:** Whole grains (store brown rice/wheat), eggs, meat, yeast
- ☐ **Iron:** Red meats, organ meats, dried beans (with vitamin C source)
- ☐ **Zinc:** Meat, pumpkin seeds, fortified grains
- ☐ **Iodine:** Iodized salt, kelp, seafood
- ☐ **Calcium & Magnesium:** Powdered milk, bone broth, sesame seeds, leafy greens

## 3. Electrolytes

- ☐ **Sodium:** Salt (store plenty)
- ☐ **Potassium:** Banana chips, white beans, potato flakes
- ☐ **Magnesium:** Almonds, sunflower seeds, whole grains

## 4. Water & Hydration

- ☐ **Store water** (1 gal/person/day minimum)
- ☐ **Use filters** (Berkey, Sawyer, etc.)
- ☐ **Keep purification tablets or bleach**

## 5. Supplement Backup

- ☐ **Multivitamins** (daily or every 2–3 days)
- ☐ **Vitamin C & D3** (critical for immune function)
- ☐ **Magnesium** (for energy, muscle cramps)
- ☐ **Electrolyte mix packets**