

Shopping List

FOR HEARING HEALTH

Vitamin-rich foods can make a difference in your health—even your hearing! Add these nutritious items to your cart on your next shopping trip to give your hearing health a boost.

CHOOSE FOODS HIGH IN:

Folate

Folate (a.k.a. vitamin B9 or folic acid) boosts healthy cell growth and function and is linked with reduced age-related hearing loss.

- Peas
- Asparagus
- Citrus fruits
- Broccoli



Magnesium

Magnesium plays a vital role in nerve function, blood flow and hair cell upkeep, all of which are essential for healthy ears and hearing.

- Quinoa
- Dark chocolate
- Almonds
- Tofu

Omega-3 Fatty Acids

Omega-3s can reduce heart disease risk factors, fight inflammation and slow age-related hearing loss.

- Anchovies
- Flaxseed
- Walnuts
- Soybeans



Potassium

Potassium regulates muscle contractions, nerve signals and fluid balance; if fluid levels in your ears drop, you're more vulnerable to hearing loss.

- Spinach
- Avocados
- Bananas
- Sweet potatoes

Vitamin B12

Vitamin B12 helps with red blood cell formation, nerve function and can reduce the symptoms and likelihood of tinnitus.

- Beef
- Milk
- Eggs
- Nutritional yeast



Vitamin E

Vitamin E is essential to your vision, brain health and circulation, which will protect inner ear hair cells.

- Peanuts
- Mangoes
- Hazelnuts
- Rainbow trout

Zinc

Zinc aids your immune system, tissue repair and digestion—plus, it combats germs related to ear infections.

- Legumes (chickpeas, lentils, beans)
- Pumpkin seeds
- Cashews
- Rice

