

MICRONUTRIENTS: Vitamins and Minerals

<u>Vitamin</u>	<u>Function</u>	<u>Where Found & Daily Requirements</u>
Vitamin A	Eye health, immune system, cell growth and development	orange & green vegetables and fruits, melons, milk, eggs, apricots and peaches
Vitamin B1(thiamin)	heart, muscles, nervous system, cell respiration	whole grain cereals, meat & fish, soy, beans 1.2 mg
Vitamin B2(riboflavin)	cell respiration, red blood cells, eye health	meat, eggs, nuts, dairy products, legumes 1.3 mg
Vitamin B3 (niacin)	cell respiration, nervous system, skin	meat, poultry, fish, whole grain cereals, peanuts 16mg
Vitamin B6	digestion of proteins, nervous system	meat, poultry, fish, eggs, spinach, dried beans 1.5 mg
Vitamin B7 (biotin)	helps body make fats & protein	liver, meat & fruits 30 mcg
Vitamin B9 (folate or folic acid)	helps body make DNA & red blood cells	citrus fruits, poultry, dried beans 400 mcg
Vitamin B12	nervous system, production of red blood cells	meat, fish, poultry, milk, fish and eggs 2.5 mcg
Vitamin C (ascorbic acid)	forms collagen (protein in matrix that holds cells together) bones, teeth, immune system, brain function, absorption of calcium & iron	citrus fruits, peppers, berries, tomatoes, kiwi, spinach 500 mg
Vitamin D	bones:helps body absorb calcium, immune system	sunshine causes your body to manufacture it; fortified milk, egg yolk 1500 IU
Vitamin E	antioxidant: prevents cell damage, red blood cells	whole grains, nuts, avocados, green leafy vegetables 15 mg
Vitamin K	essential for bones, blood clotting	broccoli, spinach, collards, cabbage 100 mcg

(MINERALS ON REVERSE)

MICRONUTRIENTS, continued

<u>Mineral</u>	<u>Function</u>	<u>Where found & Daily Requirements</u>
calcium	bones and teeth, muscle contraction	milk and dairy products, broccoli, spinach, green leafy vegetables :1000 mg
iron	helps red blood cells carry oxygen to cells formation of many enzymes	meat, poultry, fish, shellfish, soy, beans men: 10 mg, women: 20 mg
magnesium	nervous system, muscles, helps calcium make strong bones	whole grains, nuts and seeds, green leafy vegetables, potatoes, bananas, chocolate 400 mg
phosphorus	bones and teeth, respiration, part of every cell membrane	dairy foods, meat and fish 700 mg
potassium	muscle and nervous systems, helps body maintain balance of fluids in tissues	broccoli, potatoes, bananas, fruits and legumes 4500 mg
zinc	normal growth, healing of wounds, immune system	meat, poultry, fish & seafood, dried beans, soy, dairy
chromium	makes cells	broccoli, potatoes, meat, poultry & fish :30 mcg
copper	helps process iron	seafood, nuts, seeds, whole grains 900 mcg
iodine	functioning of thyroid gland: metabolism	seafood, iodized salt, seaweed 200 mcg
manganese	strong bones, makes some enzymes	nuts, beans, whole grains, tea 2 mg
selenium	thyroid gland, protects cells from damage	Brazil nuts, seafood, dairy, organ meats 200 mcg