

Vitamins & Minerals

The human body requires both vitamins & minerals to function properly. Vitamins fall into two categories: fat soluble and water soluble. Fat-soluble vitamins, A, D, E and K, dissolve in fat and can be stored in the body, whereas water-soluble vitamin, including vitamin C and the B-complex vitamins, need to dissolve in water before the body can absorb them. The body requires larger amounts of some minerals, such as calcium, to grow and stay healthy. Other minerals such as chromium, iron or zinc are called trace minerals because the body only needs very small amounts of them each day.

Water Soluble Vitamins

Vitamin C

Function: Blood vessel repair; wound-healing; strong bones & teeth; iron absorption from foods

Sources: Guava, red peppers, kiwi fruit, oranges, orange juice, green peppers, grapefruit juice, vegetable juice, strawberries

Riboflavin (B₂)

Function: Healthy skin & eyes; protein, fat & carbohydrate metabolism

Sources: Almonds, soy nuts, mackerel, yogurt, clams, milk, egg, pork loin, pasta, hamburger, cottage cheese

Cobalamin (B₁₂)

Function: Promotes normal growth; prevents anemia

Sources: Clams, fortified cereals, trout, salmon, beef sirloin, yogurt, haddock, tuna, milk, ham, egg

Niacin

Function: Healthy skin & tongue; nervous system functions

Sources: Peanuts, chicken breast, tuna, salmon, corn grits, ground beef, ready-to-eat cereals, peanut butter, almonds

Thiamin (B₁)

Function: Nervous system functions; promote appetite & digestion

Sources: Pork chop, ham, sunflower seeds, catfish, enriched flour, soy milk, baked beans, oatmeal, white rice, green peas

Pyridoxine (B₆)

Function: Protein metabolism; blood cell production

Sources: Fortified cereal, baked potato, banana, garbanzo beans, chicken breast, fortified oatmeal, pork loin, roast beef

Folate

Function: Blood cell production; infection-resistance; normal fetal development

Sources: Fortified cereals, lentils, chickpeas, asparagus, spinach, black beans, kidney beans, lima beans, tomato juice



Fat-Soluble Vitamins

Vitamin A

Function: Promotes healthy skin & infection-resistance; prevents night blindness

Sources: Carrot juice, sweet potatoes, pumpkin, carrots, spinach, collards, kale, mixed vegetables, turnip greens



Vitamin D

Function: Strong bones and teeth

Sources: Salmon, mackerel, tuna, sardines, fortified milk, fortified margarine, fortified cereal, egg yolk, Swiss cheese

Minerals

Calcium

Function: strong bones & teeth; nervous system, heart & muscle functions

Sources: Yogurt, cheese, milk, fortified cereals, fortified soy milk, sardines, tofu, salmon, collards, spinach, soybeans

Copper

Function: Promotes red blood cell production

Sources: Oysters, clams, crab meat, cashews, sunflower seeds, hazelnuts, almonds, peanut butter, lentils, mushrooms

Iron

Function: Prevents iron-deficiency anemia

Sources: Clams, fortified cereals, oysters, soybeans, pumpkin, white beans



Vitamin E

Function: Protects vitamin A and fatty acids; prevents anemia

Sources: Fortified cereals, sunflower seeds, almonds, sunflower oil, cottonseed oil, safflower oil, hazelnuts, mixed nuts

Vitamin K

Function: Blood clotting

Sources: Olive oil, soybean oil, canola oil, mayonnaise, broccoli, kale, spinach, leaf lettuce, watercress, parsley

Magnesium

Function: Nerve & muscle contractions

Sources: Pumpkin, brazil nuts, bran cereal, quinoa, spinach, almonds, cashews, soybeans

Potassium

Function: Heart-muscle contractions; fluid balance

Sources: Sweet potato, tomato paste, baked potato, yogurt, clams, prune juice, carrot juice, halibut, soybeans, tuna, lima beans

Selenium

Function: Normal fat metabolism; prevents cell damage from oxidation

Sources: Brazil nuts, tuna, beef, cod, turkey, chicken breast, enriched pasta & white rice, egg, fortified oatmeal, brown rice

Zinc

Function: Wound-healing; normal growth; taste acuity

Sources: Fortified cereals, beef, pork, chicken, baked beans, cashews, yogurt, pecans, raisin bran, mixed nuts, Swiss cheese

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