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

**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

**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
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

**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

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

**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