

Prepared For:		Date:	
Prepared By:		Contact:	

Food Sources of Vitamins and Minerals

Vitamin A

Food Sources	Why You Need Vitamin A	Additional Information
<ul style="list-style-type: none"> • Apricot • Broccoli • Cantaloupe • Carrots • Cheese • Cod and halibut fish oil • Cream • Kidney • Liver • Milk • Most dark-green leafy vegetables • Pink grapefruit • Pumpkin • Spinach • Sweet potato • Winter squash 	<ul style="list-style-type: none"> • Bone development • Growth hormone synthesis • Night vision • Reproduction • Skin 	<p>Deficiencies:</p> <ul style="list-style-type: none"> • Eye damage • Skin disorders <p>Symptoms of toxicity:</p> <ul style="list-style-type: none"> • Dizziness • Headache • Mental disturbances • Nausea • Skin damage • Vomiting

Vitamin C

Food Sources	Why You Need Vitamin C	Additional Information
<ul style="list-style-type: none"> • Bell pepper • Broccoli • Brussels sprouts • Cabbage • Cauliflower • Catsup • Citrus fruits and juices: orange; grapefruit • Guava • Dark-green leafy vegetables • Juices and beverages with vitamin C added • Kiwi • Liver • Mango • Melon • Papaya • Potatoes • Salsa • Strawberries • Tomatoes 	<ul style="list-style-type: none"> • Antioxidant • Wound healing • Resistance to infection • Production of collagen • Increases iron absorption 	<p>Deficiencies:</p> <ul style="list-style-type: none"> • Scurvy <p>Symptoms of deficiency:</p> <ul style="list-style-type: none"> • Tiredness • Weakness • Irritability • Weight Loss • Muscle aches <p>Symptoms of toxicity:</p> <ul style="list-style-type: none"> • Headaches • Urinary problems

Vitamin D

Food Sources	Why You Need Vitamin D	Additional Information
<ul style="list-style-type: none"> • Vitamin D-fortified milk • Fatty fish • Egg yolk • Liver 	<ul style="list-style-type: none"> • Healthy bone structure • Aids in absorption and metabolism of calcium 	<p>Deficiencies:</p> <ul style="list-style-type: none"> • Softening of the bones: <ul style="list-style-type: none"> ◦ Rickets (children) ◦ Osteomalacia (adults) <p>Symptoms of toxicity:</p> <ul style="list-style-type: none"> • Anorexia • Diarrhea • Mental changes • Vomiting • Weakness

Calcium

Food Sources	Why You Need Calcium	Additional Information

Food Sources	Why You Need Calcium	Additional Information
<ul style="list-style-type: none"> • Calcium-fortified cereal • Cheese • Cottage cheese • Dark green vegetables • Edible bones of fish • Ice Cream • Juice • Milk • Salmon • Sardines (with bones) • Shrimp • Tofu • Yogurt 	<ul style="list-style-type: none"> • Bones • Teeth • Blood coagulation • Transmission of nerve impulses • Muscle contraction and relaxation • Normal heart beat • Stimulation of hormone secretion • Activation of enzyme reactions 	<p>Deficiencies:</p> <ul style="list-style-type: none"> • Hypertension • Osteoporosis <p>Symptoms of toxicity:</p> <ul style="list-style-type: none"> • Kidney stones

Iron

Food Sources	Why You Need Iron	Additional Information
<ul style="list-style-type: none"> • Bran cereals • Enriched breads and cereals • Raisins or other dried fruit • Red meats, liver, and egg yolk • Spinach and other leafy greens 	<ul style="list-style-type: none"> • Recommended Dietary Allowance (RDA) for iron is 8 mg for men and 18 mg for women. 	<ul style="list-style-type: none"> • Combine iron-rich food or supplements with vitamin C-rich foods for best absorption. • While iron absorption increases in the presence of vitamin C, it decreases in the presence of some components of grain fiber, excess of copper, zinc, magnesium, calcium, and antacids. <p>Deficiencies:</p> <ul style="list-style-type: none"> • Anemia <p>Symptoms of deficiency:</p> <ul style="list-style-type: none"> • Fatigue • Shortness of breath • Headaches • Lethargy

Zinc

Food Sources	Why You Need Zinc	Additional Information
<ul style="list-style-type: none"> • Beans, dried peas • Eggs • Legumes • Meats, fish, poultry, 	<ul style="list-style-type: none"> • Enzyme activities needed for: <ul style="list-style-type: none"> ◦ Carbohydrate 	<ul style="list-style-type: none"> • The Daily Reference Intake (DRI) for zinc for adults is 8 mg/d for women and 11 mg/d for men. • The Tolerable Upper Intake Level for adults is 40 mg/d. There is no data indicating adverse outcomes from zinc found in foods; however, adverse nutrient interactions are possible with zinc supplementation.

<ul style="list-style-type: none"> • Peanut butter Food Sources	Why You Need Zinc	Additional Information <ul style="list-style-type: none"> • Adverse effects can include suppression of immune response, decreased high-density lipoprotein (HDL) cholesterol and reduced copper status.
<ul style="list-style-type: none"> • Peanuts • Shellfish • Wheat germ • Whole grains (bran cereal, whole wheat bread) 	<ul style="list-style-type: none"> • Cell growth • Wound healing • Immune System • Metabolism of carbohydrates 	<ul style="list-style-type: none"> • Acute adverse effects of zinc include epigastric pain, nausea, vomiting, loss of appetite, abdominal cramps, diarrhea and headaches.

Food Sources	Why You Need Zinc	Additional Information
	<ul style="list-style-type: none">• Sense of smell• Sense of taste	

Notes
