

<b>Vitamin</b>	<b>What the Vitamin Does</b>	<b>Significant food sources</b>
<b>B1 (thiamin)</b>	Supports energy metabolism and nerve function	Spinach, green peas, tomato juice, watermelon, sunflower seeds, lean ham, lean pork chops, soy milk
<b>B2 (riboflavin)</b>	Supports energy metabolism, normal vision and skin health	Spinach, broccoli, mushrooms, eggs, milk, liver, oysters, clams
<b>B3 (niacin)</b>	Supports energy metabolism, skin health, nervous system and digestive system	Spinach, potatoes, tomato juice, lean ground beef, chicken breast, tuna (canned in water), liver, shrimp
<b>Biotin</b>	Energy metabolism, fat synthesis, amino acid metabolism, glycogen synthesis	Widespread in foods
<b>Pantothenic Acid</b>	Supports energy metabolism	Widespread in foods
<b>B6 (pyridoxine)</b>	Amino acid and fatty acid metabolism, red blood cell production	Bananas, watermelon, tomato juice, broccoli, spinach, acorn squash, potatoes, white rice, chicken breast
<b>Folate</b>	Supports DNA synthesis and new cell formation	Tomato juice, green beans, broccoli, spinach, asparagus, okra, black-eyed peas, lentils, navy, pinto and garbanzo beans
<b>B12</b>	Used in new cell synthesis, helps break down fatty acids and amino acids, supports nerve cell maintenance	Meats, poultry, fish, shellfish, milk, eggs
<b>C (Ascorbic Acid)</b>	Collagen synthesis, amino acid metabolism, helps iron absorption, immunity, antioxidant	Spinach, broccoli, red bell peppers, snow peas, tomato juice, kiwi, mango, orange, grapefruit juice, strawberries
<b>A (retinol)</b>	Supports vision, skin, bone and tooth growth, immunity and reproduction	Mango, broccoli, butternut squash, carrots, tomato juice, sweet potatoes, pumpkin, beef liver
<b>D</b>	Promotes bone mineralization	Self-synthesis via sunlight, fortified milk, egg yolk, liver, fatty fish
<b>E</b>	Antioxidant regulation of oxidation reactions, supports cell membrane stabilization	Polyunsaturated plant oils (soybean, corn and canola oils)
<b>K</b>	Synthesis of bloodclotting proteins, regulates blood calcium	Brussels sprouts, leafy green vegetables, spinach, broccoli, cabbage, liver

<b>Mineral</b>	<b>What the mineral does</b>	<b>Significant food source</b>
<b>Sodium</b>	Maintains fluid and electrolyte balance, supports muscle contraction and nerve impulse transmissions	Salt, soy sauce, brad, milk, meats
<b>Chloride</b>	Maintains fluid and electrolyte balance, aids in digestion	Salt, soy sauce, milk, eggs, meats
<b>Potassium</b>	Maintains fluid and electrolyte balance, cell integrity, muscle contractions and nerve impulse transmission	Potatoes, acorn squash, artichoke, spinach, broccoli, carrots, green beans, tomato juice, avocado, grapefruit juice, watermelon, banana, strawberries, cod, milk
<b>Calcium</b>	Formation of bones and teeth, supports blood clotting	Milk, yogurt, cheddar cheese, Swiss cheese, tofu, sardines, green beans, spinach, broccoli
<b>Phosphorus</b>	Formation of cells, bones, and teeth, maintains acid-base balance	All animal foods (meat, fish, poultry, eggs, milk)
<b>Magnesium</b>	Supports bone mineralization, protein building, muscular contraction, nerve impulse transmission	Spinach, broccoli, artichokes, green beans, tomato juice, navy beans, pinto beans, black –eyed peas, sunflower seeds, tofu, cashews, halibut
<b>Iron</b>	Part of the protein hemoglobin (carries oxygen throughout body’s cells)	Artichoke, parsley, spinach, broccoli, green beans, tomato juice, Tofu, clams, shrimp, beef liver.
<b>Zinc</b>	A part of many enzymes, involver in production of genetic material and proteins, transports vitamin A, taste perception, wound healing , sperm production	Spinach, broccoli, green peas, green beans, tomato juice, lentils, oysters, shrimp, crab, turkey (dark meat), lean ham, lean ground beef, lean sirloin steak, plain yogurt, Swiss cheese, tofu, ricotta cheese
<b>Selenium</b>	Antioxidant. Works with vitamin E to protect body from oxidation	Seafood, meats and grains
<b>Iodine</b>	Component of thyroid hormones that help regulate growth, development and metabolic rate	Salt, seafood, bread, milk, cheese
<b>Copper</b>	Necessary for the absorption and utilization of iron, supports formation of hemoglobin and several enzymes	Meats, water
<b>Manganese</b>	Facilitates many cell processes	Widespread in foods
<b>Fluoride</b>	Involved in the formation of	Fluoridated drinking water, tea, seafood

	bones and teeth, helps to make teeth resistant to decay	
<b>Chromium</b>	Associated with insulin and required for the release of energy from glucose	Vegetable oils, liver, brewer's yeast, whole grains, cheese, nuts
<b>Molybdenum</b>	Facilitates many cell processes	Legumes, organ meats