Vitamin and Mineral Facts

“Vitamins and minerals are nutrients that your body needs to grow and become healthy. The chart below lists some essential vitamins and minerals, what they do for your body, and foods in which they can be found.”

<table>
<thead>
<tr>
<th>Vitamin/Mineral</th>
<th>Health Benefits</th>
<th>Food Sources</th>
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</thead>
</table>
| Calcium         | • Needed for forming bones and teeth  
• Helps nerves and muscles function | Canned salmon with bones, sardines, milk, cheese, yogurt, Chinese cabbage, bok choy, kale, collard greens, turnip greens, mustard greens, broccoli, and calcium-fortified orange juice |
| Folate/Folic Acid | • Helps the body make and maintain new cells  
• Prevents some birth defects | Green leafy vegetables, liver, yeast, beans, peas, oranges, and fortified cereals and grain products |
| Iron            | • Helps red blood cells deliver oxygen to body tissues  
• Helps muscles function | Red meats, poultry, fish, liver, soybean flour, eggs, beans, lentils, peas, molasses, spinach, turnip greens, clams, dried fruit (apricots, prunes, and raisins), whole grains, and fortified breakfast cereals |
| Magnesium       | • Keeps heart rhythm steady  
• Keeps bones strong | Green leafy vegetables, nuts, bran cereal, seafood, milk, cheese, and yogurt |
| Zinc            | • Needed for healthy skin  
• Needed for wound healing  
• Helps the body fight off illnesses and infections | Liver, eggs, seafood, red meats, oysters, certain seafood, milk products, eggs, beans, peas, lentils, peanuts, nuts, whole grains, fortified cereals, wheat germ, and pumpkin seeds |
| Vitamin A       | • Needed for vision  
• Helps the body fight infections  
• Helps keep skin healthy | Kale, broccoli, spinach, carrots, squash, sweet potatoes, liver, eggs, whole milk, cream, and cheese |
| Vitamin B<sub>6</sub> | • Helps the body use proteins and fats  
• Good for the nervous system  
• Helps the blood carry oxygen | Liver, whole grains, egg yolk, peanuts, bananas, carrots, and yeast |
| Vitamin B<sub>12</sub> | Helps the body make red blood cells  
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<th>Good for the nervous system</th>
<th>Milk, eggs, liver, poultry, clams, sardines, flounder, herring, eggs, blue cheese, cereals, nutritional yeast, and foods fortified with vitamin B12, including cereals, soy-based beverages, and veggie burgers</th>
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<tbody>
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<td>Vitamin D</td>
<td>Needed for healthy bones</td>
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| Vitamin E | Helps prevent cell damage  
| Helps blood flow  
| Helps repair body tissues | Wheat germ oil, fortified cereals, egg yolk, beef liver, fish, milk, vegetable oils, nuts, fruits, peas, beans, broccoli, and spinach |