

Mineral Functions and the Foods That Contain Them		
Mineral	Some of its functions	Some good food sources
Iron	Carries oxygen in hemoglobin molecule	Meat, spinach, prune juice, beans, raisins, tofu
Calcium	Builds and preserves bone tissue, muscle contraction, nerve function, blood clotting	Dairy products, calcium-fortified orange juice, canned salmon with edible bones, broccoli
Sodium	Fluid and mineral balance, regulation of blood pressure, transmission of nerve impulses	Ham, canned tuna, cheddar cheese, whole wheat bread, table salt (most of us get more than we need)
Potassium	Fluid and mineral balance, regulation of blood pressure, transmission of nerve impulses, contraction of muscles	Bananas, milk, turkey, oranges, tomatoes, bell peppers, beans
Iodine	Needed for thyroid gland to work properly, which regulates body's metabolism	Salt water fish, iodized salt
Chromium	Helps your body use glucose	Meat, eggs, whole grains, cheese
Magnesium	Activates enzymes, required for protein synthesis, role in muscular contractions, component of bone tissue	Beans, nuts, whole grains, legumes, tofu, lentils, peanut butter
Phosphorus	Important component of bones and teeth, energy use in all cells, part of DNA and RNA molecules	Dairy products, meat, peanut butter, eggs, beans, broccoli
Selenium	Antioxidant, thyroid function, immunological responses	Chicken, brown rice, eggs
Zinc	Cell reproduction and repair, metabolism of macronutrients, wound healing, immunological responses, thyroid function	Meat, beans, lentils, wheat germ, milk, eggs

Vitamin Functions and the Foods That Contain Them		
Vitamin	Some of its functions	Some good food sources
Vitamin A	Antioxidant, may reduce risk for some cancers, immunological responses, health of skin, eyes, lining of organs	Beef liver, sweet potatoes, carrots, cantaloupe, milk, eggs
Vitamin B-1 (thiamine)	Release of energy, nerve tissue function	Pork, whole grains, fortified cereals, beans, oranges
Vitamin B-2 (riboflavin)	Release of energy, protein synthesis	Dairy products, eggs, beans, whole grains, leafy dark green vegetables, nutritional yeast
Vitamin B-3	Release of energy, brain function, health of skin and digestive tract	Poultry, meat, fish, peanut butter, legumes, fortified grain products
Vitamin B-6	Release of energy, nervous tissue, immunological responses, production of insulin, hemoglobin, antibodies	Chicken, fish, pork, whole grains, legumes, kale, spinach, bananas, avocado
Vitamin B-12	Production of red blood cells, helps body use fatty and amino acids, part of many enzymes	Meat, fish, poultry, eggs, dairy products, fortified nutritional yeast
Biotin	Carbohydrate metabolism, synthesis of fatty acids, cell growth and division, health of skin and hair	Meat, fish, poultry, eggs, dairy products, beans, whole grains, nuts
Folic acid	Production of DNA and RNA molecules, formation of hemoglobin, normal cell division, protein synthesis	Dark green leafy vegetables, beans, legumes, oranges, fortified cereal, cantaloupe, avocado, yeast breads
Vitamin C	Tissue healing, immunological response, production of collagen, health of blood vessels, helps body absorb iron, antioxidant	Citrus fruits, berries, potatoes, dark green leafy vegetables, tomatoes
Vitamin D	Calcium and phosphorus absorption by bones and teeth	Fortified milk, fortified cereal, eggs, salmon with bones, cheese
Vitamin E	Antioxidant, may help reduce risk of cancer, cell membrane health, immunological response	Almonds, walnuts, wheat germ, peanut butter, spinach, sweet potatoes, apples
Vitamin K	Protein synthesis, blood clotting	Spinach, strawberries, broccoli, oranges, eggs, wheat bran, wheat germ, dairy products