





































What Does Your Food Do For You?

Nutrient: Vitamins	Function	Sources			
Vitamin A	<ul style="list-style-type: none"> • Healthy skin, eyes, hair, and nails 	 Carrot	 Sweet Potato	 Butternut Squash	 Cantaloupe
Other sources: collard greens, kale, Swiss chard, and spinach					
Vitamin C*	<ul style="list-style-type: none"> • Heals cuts and bruises and helps fight infections 	 Orange	 Strawberries	 Tomato	 Red Pepper
Other sources: guava, kiwi, green peppers, Brussels sprouts, and cantaloupe					
Vitamin B12*	<ul style="list-style-type: none"> • Helps to make red blood cells 	 Low-Fat Dairy	 Poultry	 Tuna	 Fortified Cereal
Other sources: salmon, trout, and clams					
Vitamin D*	<ul style="list-style-type: none"> • Helps to absorb and use calcium for healthy bones 	 Fortified Milk	 Cheese	 Eggs	 Salmon
Other sources: sunlight, fortified cereal, pork, and mushrooms					
Folic Acid	<ul style="list-style-type: none"> • Helps normal fetal development and production of blood cells 	 Beans	 Spinach	 Strawberries	 Peas
Other sources: lentils, romaine lettuce, turnip greens, and collard greens					

What Does Your Food Do For You?

Nutrient: Minerals	Function	Sources			
Calcium*	<ul style="list-style-type: none"> • Strong bones and teeth 	 Broccoli	 Spinach	 Kale	 Bok Choy Other sources: low fat dairy products, fortified cereal and orange juice
Potassium	<ul style="list-style-type: none"> • Keeps your muscles and heart working properly 	 Banana	 Raisins	 Tomato	 Potato Other sources: beet greens, white beans, dates, yogurt, and clams
Iron*	<ul style="list-style-type: none"> • Keeps your blood healthy 	 Broccoli	 Romaine	 Kidney Beans	 Black Beans Other sources: red meat, fortified cereal, soybeans, pumpkin seeds, and seafood
Manganese	<ul style="list-style-type: none"> • Helps keep blood sugar levels healthy 	 Brown Rice	 Beans	 Pineapple	 Raspberries Other sources: spelt, garbanzo beans, rye, soybeans, and oats

* These nutrients are the most common deficiencies found in the general population.