

Vitamins

VITAMIN	WHAT IT DOES	WHERE IS IT FOUND	DAILY VALUE*
Biotin	• Energy storage • Protein, carbohydrate, and fat metabolism	• Avocados • Cauliflower • Eggs • Fruits (e.g., raspberries) • Liver • Pork • Salmon • Whole grains	300 mcg
Folate/Folic Acid <i>Important for pregnant women and women capable of becoming pregnant</i>	• Prevention of birth defects • Protein metabolism • Red blood cell formation	• Asparagus • Avocado • Beans and peas • Enriched grain products (e.g., bread, cereal, pasta, rice) • Green leafy vegetables (e.g., spinach) • Orange juice	400 mcg
Niacin	• Cholesterol production • Conversion of food into energy • Digestion • Nervous system function	• Beans • Beef • Enriched grain products (e.g., bread, cereal, pasta, rice) • Nuts • Pork • Poultry • Seafood • Whole grains	20 mg
Pantothenic Acid	• Conversion of food into energy • Fat metabolism • Hormone production • Nervous system function • Red blood cell formation	• Avocados • Beans and peas • Broccoli • Eggs • Milk • Mushrooms • Poultry • Seafood • Sweet potatoes • Whole grains • Yogurt	10 mg
Riboflavin	• Conversion of food into energy • Growth and development • Red blood cell formation	• Eggs • Enriched grain products (e.g., bread, cereal, pasta, rice) • Meats • Milk • Mushrooms • Poultry • Seafood (e.g., oysters) • Spinach	1.7 mg
Thiamin	• Conversion of food into energy • Nervous system function	• Beans and peas • Enriched grain products (e.g., bread, cereal, pasta, rice) • Nuts • Pork • Sunflower seeds • Whole grains	1.5 mg

* The Daily Values are the amounts of nutrients recommended per day for Americans 4 years of age or older.



Vitamins (cont'd)

VITAMIN	WHAT IT DOES	WHERE IS IT FOUND	DAILY VALUE*
Vitamin A	- Growth and development - Immune function - Reproduction - Red blood cell formation - Skin and bone formation - Vision	- Cantaloupe - Carrots - Dairy products - Eggs - Fortified cereals - Green leafy vegetables (e.g., spinach and broccoli) - Pumpkin - Red peppers - Sweet potatoes	5,000 IU
Vitamin B₆	- Immune function - Nervous system function - Protein, carbohydrate, and fat metabolism - Red blood cell formation	- Chickpeas - Fruits (other than citrus) - Potatoes - Salmon - Tuna	2 mg
Vitamin B₁₂	- Conversion of food into energy - Nervous system function - Red blood cell formation	- Dairy products - Eggs - Fortified cereals - Meats - Poultry - Seafood (e.g., clams, trout, salmon, haddock, tuna)	6 mcg
Vitamin C	- Antioxidant - Collagen and connective tissue formation - Immune function - Wound healing	- Broccoli - Brussels sprouts - Cantaloupe - Citrus fruits and juices (e.g., oranges and grapefruit) - Kiwifruit - Peppers - Strawberries - Tomatoes and tomato juice	60 mg
Vitamin D <i>Nutrient of concern for most Americans</i>	- Blood pressure regulation - Bone growth - Calcium balance - Hormone production - Immune function - Nervous system function	- Eggs - Fish (e.g., herring, mackerel, salmon, trout, and tuna) - Fish liver oil - Fortified cereals - Fortified dairy products - Fortified margarine - Fortified orange juice - Fortified soy beverages (soymilk)	400 IU
Vitamin E	- Antioxidant - Formation of blood vessels - Immune function	- Fortified cereals and juices - Green vegetables (e.g., spinach and broccoli) - Nuts and seeds - Peanuts and peanut butter - Vegetable oils	30 IU
Vitamin K	- Blood clotting - Strong bones	Green vegetables (e.g., broccoli, kale, spinach, turnip greens, collards, Swiss chard, mustard greens)	80 mcg

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Minerals

MINERAL	WHAT IT DOES	WHERE IS IT FOUND	DAILY VALUE*
Calcium <i>Nutrient of concern for most Americans</i>	- Blood clotting - Bone and teeth formation - Constriction and relaxation of blood vessels - Hormone secretion - Muscle contraction - Nervous system function	- Almond, rice, coconut, and hemp milks - Canned seafood with bones (e.g., salmon and sardines) - Dairy products - Fortified cereals and juices - Fortified soy beverages (soymilk) - Green vegetables (e.g., spinach, kale, broccoli, turnip greens) - Tofu (made with calcium sulfate)	1,000 mg
Chloride	- Acid-base balance - Conversion of food into energy - Digestion - Fluid balance - Nervous system function	- Celery - Lettuce - Olives - Rye - Salt substitutes - Seaweeds (e.g., dulse and kelp) - Table salt and sea salt - Tomatoes	3,400 mg
Chromium	- Insulin function - Protein, carbohydrate, and fat metabolism	- Broccoli - Fruits (e.g., apple and banana) - Grape and orange juice - Meats - Spices (e.g., garlic and basil) - Turkey - Whole grains	120 mcg
Copper	- Antioxidant - Bone formation - Collagen and connective tissue formation - Energy production - Iron metabolism - Nervous system function	- Chocolate and cocoa - Crustaceans and shellfish - Lentils - Nuts and seeds - Organ meats (e.g., liver) - Whole grains	2 mg
Iodine	- Growth and development - Metabolism - Reproduction - Thyroid hormone production	- Breads and cereals - Dairy products - Iodized salt - Potatoes - Seafood - Seaweed - Turkey	150 mcg
Iron <i>Nutrient of concern for young children, pregnant women, and women capable of becoming pregnant</i>	- Energy production - Growth and development - Immune function - Red blood cell formation - Reproduction - Wound healing	- Beans and peas - Dark green vegetables - Meats - Poultry - Prunes and prune juice - Raisins - Seafood - Whole grain, enriched, and fortified cereals and breads	18 mg

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Minerals (cont'd)

MINERAL	WHAT IT DOES	WHERE IS IT FOUND	DAILY VALUE*
Magnesium	- Blood pressure regulation - Blood sugar regulation - Bone formation - Energy production - Hormone secretion - Immune function - Muscle contraction - Nervous system function - Normal heart rhythm - Protein formation	- Avocados - Bananas - Beans and peas - Dairy products - Green leafy vegetables (e.g., spinach) - Nuts and pumpkin seeds - Potatoes - Raisins - Wheat bran - Whole grains	400 mg
Manganese	- Carbohydrate, protein, and cholesterol metabolism - Cartilage and bone formation - Wound healing	- Beans - Nuts - Pineapple - Spinach - Sweet potato - Whole grains	2 mg
Molybdenum	Enzyme production	- Beans and peas - Nuts - Whole grains	75 mcg
Phosphorus	- Acid-base balance - Bone formation - Energy production and storage - Hormone activation	- Beans and peas - Dairy products - Meats - Nuts and seeds - Poultry - Seafood - Whole grain, enriched, and fortified cereals and breads	1,000 mg
Potassium <i>Nutrient of concern for most Americans</i>	- Blood pressure regulation - Carbohydrate metabolism - Fluid balance - Growth and development - Heart function - Muscle contraction - Nervous system function - Protein formation	- Bananas - Beet greens - Juices (e.g., carrot, pomegranate, prune, orange, and tomato) - Milk - Oranges and orange juice - Potatoes and sweet potatoes - Prunes and prune juice - Spinach - Tomatoes and tomato products - White beans - Yogurt	3,500 mg
Selenium	- Antioxidant - Immune function - Reproduction - Thyroid function	- Eggs - Enriched pasta and rice - Meats - Nuts (e.g., Brazil nuts) and seeds - Poultry - Seafood - Whole grains	70 mcg

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Minerals (cont'd)

MINERAL	WHAT IT DOES	WHERE IS IT FOUND	DAILY VALUE*
Sodium <i>Nutrient to get less of</i>	• Acid-base balance • Blood pressure regulation • Fluid balance • Muscle contraction • Nervous system function	• Breads and rolls • Cheese (natural and processed) • Cold cuts and cured meats (e.g., deli or packaged ham or turkey) • Mixed meat dishes (e.g., beef stew, chili, and meat loaf) • Mixed pasta dishes (e.g., lasagna, pasta salad, and spaghetti with meat sauce) • Pizza • Poultry (fresh and processed) • Sandwiches (e.g., hamburgers, hot dogs, and submarine sandwiches) • Savory snacks (e.g., chips, crackers, popcorn, and pretzels) • Soups • Table salt	2,400 mg
Zinc	• Growth and development • Immune function • Nervous system function • Protein formation • Reproduction • Taste and smell • Wound healing	• Beans and peas • Beef • Dairy products • Fortified cereals • Nuts • Poultry • Seafood (e.g., clams, crabs, lobsters, oysters) • Whole grains	15 mg

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