

VITAMINS & MINERALS

FUNCTIONS & SOURCES

Vitamins & minerals are often referred to as micronutrients because we only need them in small amounts in our diet.¹ However, micronutrients are important for ensuring our bodies perform correctly to keep us healthy.¹ While many micronutrients play multiple roles in the body, this guide describes which micronutrients (& top food sources) promote each specific function.²



BRAIN and memory

Vitamins: B (B6, B12, folic acid)
Minerals: choline

Top foods: beans & peas, green leafy vegetables, eggs, fortified grains, seafood

Vitamins: A, C, E
Minerals: zinc

Top foods: green leafy vegetables, red peppers, cantaloupe, fortified cereals

VISION and eye function



Vitamins: A, B (niacin), C, D
Minerals: chloride, magnesium

Top foods: whole & enriched grains, green leafy vegetables, cantaloupe, peppers, salmon



DIGESTIVE health

Vitamins: B (B6, B12, folic acid), D, K
Minerals: calcium, magnesium, potassium

Top foods: whole & enriched grains, green vegetables, low / non fat dairy, seafood, beans & peas, nuts & seeds

HEART and blood



Vitamins: B (folic acid), D
Minerals: iron, selenium, zinc

Top foods: whole & enriched grains, spinach, seafood, eggs, beans & peas, nuts & seeds, organ meats (liver), orange juice



REPRODUCTIVE health

Vitamins: B, C, D, E
Minerals: calcium, magnesium, potassium

Top foods: orange juice, low / non fat dairy, whole & enriched grains, green vegetables

MUSCULAR system



Vitamins: D, K
Minerals: calcium, magnesium, phosphorus

Top foods: green vegetables, whole & enriched grains, fortified cereals & juices, low / non fat dairy, nuts & seeds



BONE strength

Vitamins: B12
Minerals: magnesium, iron

Top foods: whole & enriched grains, green vegetables, low / non fat dairy, legumes, nuts & seeds

ENERGY production



Vitamins: A, C, D, E
Minerals: zinc, selenium

Top foods: whole & enriched grains, broccoli, spinach, orange juice, nuts & seeds, seafood



IMMUNE system

Vitamins: A, B (biotin), C
Minerals: copper, zinc

Top foods: whole & enriched grains, green vegetables, cantaloupe, red peppers, shellfish, legumes, nuts & seeds

HAIR, SKIN, & NAILS



References:

1.Center for Disease Control (CDC). Micronutrient facts. Mar 29, 2024. Accessed Nov 15, 2024. <https://www.cdc.gov/nutrition/features/micronutrient-facts.html>

2.U.S. Food and Drug Administration (FDA). Interactive Nutrition Facts Label - Vitamins and Minerals Chart. Nutrition Education Resources and Materials. 2021. Accessed Oct 21, 2024. https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/assets/InteractiveNFL_Vitamins&MineralsChart_October2021.pdf

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