

VITAMINS & MINERALS

II

Vitamin and Mineral Table - What foods? How does it help?

Vitamin/Mineral	Found in	RDAa	What it does
Vitamin A (Retinol or Beta-carotene)	Liver, egg yolk, dairy products, margarine. Beta carotene (pro-vitamin A) is found in dark green and deep yellow fruits and vegetables.	5,000 IUb 	Keeps eyes healthy; develops bones; protects linings of respiratory, digestive and urinary tracts; maintains healthy skin and hair. Beta carotene fights free radicals (chemicals that damage cells).
Vitamin B ₁ (Thiamine)	Whole grains, cereals and enriched grain products; also legumes (dried beans, peas, and nuts), organ meats, lean pork and eggs.	1.1 - 1.5 mg 	Promotes healthy functioning of the nerves, muscles and heart. Metabolizes carbohydrates.
Vitamin B ₂ (Riboflavin)	Organ meats, enriched breads and cereals, legumes, almonds, cheese and eggs; also meat, fish and dark green vegetables.	1.3 - 1.7 mg 	Metabolizes carbohydrates, fats and proteins, produces hormones; promotes eye and skin health.
Vitamin B ₃ (Niacin)	Meat, organ meats, whole grains and cereals, and legumes; also eggs, milk, green leafy vegetables and fish.	15 - 19 mg	Metabolizes carbohydrates and fats; helps functioning of digestive system; maintains healthy skin.
Vitamin B ₅ (Pantothenic Acid)	Organ meats, yeast, raw vegetables, eggs and dairy products.	None; 4 - 7 mg suggested	Produces hormones and maintains body's immune system.
Vitamin B ₆ (Pyridoxine)	Whole-grain products, poultry, fish, and nuts; also meat, most fruits and vegetables, eggs and dairy products.	1.6 - 2 mg	Metabolizes protein; helps produce hemoglobin; promotes functioning of digestive and nervous systems, and healthy skin.

Vitamins Minerals Speedy Study Guides

Jack Challem



Vitamins Minerals Speedy Study Guides:

Vitamins & Minerals II (Speedy Study Guides) Speedy Publishing,2014-06-17 Vitamins and minerals are natural healthy resources from the ground and plant life Without vitamins and minerals our bodies would not function well at all Without iron our blood would not flow and without vitamin C our immune system will slow Calcium is an important mineral that the body needs without it we would have no bones and lots of heartburn A chart that shows all the different vitamins and minerals would be beneficial to see for your health Without a chart you may not know any of these facts **Vitamins & Minerals (Speedy Study Guides)** Speedy Publishing,2014-06-17 Minerals are non biological elements that are often absorbed by plants from soil or water and then consumed by animals Vitamins are organic chemical compounds that a living being obtains from food These compounds and elements are essential to facilitate the growth and functions of an organism Muscle repair digestion metabolism eyesight the nervous system nearly every aspect of life is fueled by vitamins and minerals If there is a deficiency in either the body will start to see signs of failure From neurological issues to skin irritations to eyesight problems the repercussions of not having enough of either are serious **Vitamins & Minerals II (Speedy Study Guides)** LLC Publishing,Speedy Publishing LLC,2014-05 Vitamins and minerals are natural healthy resources from the ground and plant life Without vitamins and minerals our bodies would not function well at all Without iron our blood would not flow and without vitamin C our immune system will slow Calcium is an important mineral that the body needs without it we would have no bones and lots of heartburn A chart that shows all the different vitamins and minerals would be beneficial to see for your health Without a chart you may not know any of these facts **Superfoods (Speedy Study Guides)** Speedy Publishing,2014-06-17 Superfoods are the foods that provide numerous health benefits They are usually plentiful pleasant to the eye and taste good Superfoods may be beneficial to weight control These foods are beneficial to specific disease control These superfoods may reduce an individual risk for developing some cancers They may help with blood pressure and diabetes control There are infections that respond positive to these superfoods Some of these superfoods are berries orange and yellow vegetables dark leafy vegetables nuts some fatty fish lean meats and grains to name a few Individuals may want to add these wonderful superfoods to their diet for all those health benefits naturally **Food Pyramid And Nutrition Guide (Speedy Study Guide)** Speedy Publishing,2015-01-04 A Food guide and nutrition guide can help you to eat healthy because they are a mental reminder of what foods you need to eat to properly fuel your body Having a visual reminder comes in handy when you are tempted by less nutrition options They may also give you options that you may not have thought about previously Nutrition guides sometimes contain healthy recipes that can lead you to try new and healthy foods They are great tools in improving the way you eat **The Essential Guide to Vitamins, Minerals and Herbal Supplements** Sarah Brewer,2013-07-25 A bewildering range of vitamin mineral and herbal supplements is now widely available to us all but information about their health benefits cannot be given on the packaging as it would constitute a health claim In this jargon

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Summary & Study Guide - Eat to Beat Disease Lee Tang,2019-08-11 Let food be thy medicine Discover the new science of how your body heals itself This book is a summary of Eat to Beat Disease The New Science of How Your Body Can Heal Itself by William W Li MD Five defense systems in our body keep our cells and organs functioning By focusing on these systems we can take a unified approach to intercept diseases before they set in Diet influences each of these systems That s why scientists are accumulating evidence on the power of food to treat or reverse disease In Eat to Beat Disease Dr William Li explains how these five defense systems work He also provides evidence behind over 200 health boosting foods that are most effective at supporting these defense systems This is not a book about what foods to avoid Dr Li s 5x5x5 plan is a practical tool that matches your medical condition with the foods you like to activate your body s defense system to beat disease Read this book if you want to be on top of your game for health beauty and fitness This guide includes Book Summary helps you understand the key concepts Online Videos cover the concepts in more depth Value added from this guide Save time Understand key concepts Expand your knowledge

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