

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

Susan McMurry



Vitamins Minerals Speedy Study Guides:

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