

NAME: KEY

Date: Sheet

Per: Callery  
Wark

### Vitamins and Minerals

	Name:	Function:	Foods:
<b>VITAMINS</b>	A retinol	Healthy eyes and skin, strong bones and teeth	eggs, liver, carrots, green leafy vegetables, sweet potatoes, butter
	B <sub>2</sub> riboflavin	Healthy skin, tissue repair, carbohydrate metabolism	fish, poultry, cheese, yeast, green vegetables
	C Ascorbic acid	Healthy gums and teeth, wound healing	Citrus fruits, strawberries, potatoes
	D	Calcium uptake by the gut, strong bones and teeth	Salmon, tuna, fish liver oils, fortified milk, cheese
	E	Protects against damage by free radicals	Vegetable oils, nuts, seeds, olives, whole grains
	K	Normal blood clotting	leafy green vegetables, liver, califlower.
	Folic Acid		
<b>MINERALS</b>	Calcium	Healthy bones and teeth, nerve and muscle function, blood clotting	Milk, dairy, tofu, legumes, dark green leafy veggies, shell fish, honey fish
	Iron	Bone growth, metabolism, muscle contraction, oxygen transport in blood	Red meat, whole enriched grains, dark green veggies, peas, eggs, beans
	Phosphorus		
	Potassium	Fluid balance, nerve and muscle function	Meats, many fruits and veggies, beans
	Sodium	Water balance, nerve function	Table salt, processed foods, dairy products
	Iodine	Thyroid hormones, normal cell function	Iodized salt, seafood

**Vitamins =** Complex organic substances that are essential for  
organic molecules found in small amounts in many foods

**Two Types of Vitamins:**

1. Water soluble
2. Fat soluble

**Minerals =** Inorganic substances required for normal  
functioning of the body