

# Vitamins & Minerals

The body uses vitamins and minerals for a variety of biological processes including growth, digestion, and cell and nerve function. It is recommended that dietary requirements are met primarily by consuming nutrient dense foods and beverages. Listed below are commonly needed vitamins and minerals, their benefits, and the natural sources in which they can be found.

## Benefits:

- Normalizes bowel movements
- Helps maintain bowel health
- Lowers cholesterol levels
- Helps control blood sugar levels
- Aids in achieving healthy weight

## Fiber



## Sources:

- Bran
- Whole-grain breads
- Whole-grain cereals
- Raw fruits and vegetables (including the skin and seeds)
- Legumes
- Popcorn
- Nuts

## Benefits:

- Keeps nerve and blood cells healthy
- Makes DNA and RNA
- Produces red blood cells
- Aids in iron function
- Prevents megaloblastic anemia (which causes fatigue and weakness)

## Vitamin B<sub>12</sub>



## Sources:

- Meat
- Fish
- Poultry
- Eggs
- Milk products
- Cheese

## Benefits:

- Helps maintain strong bones & teeth
- Contributes to muscle movement
- Supports a healthy heart
- Carries messages to nerves

\*Vitamin D maximizes it's absorption

## Calcium



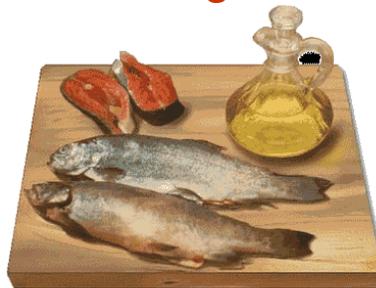
## Sources:

- Milk
- Hard cheese
- Cottage cheese
- Ice cream
- Greens
- Broccoli
- Oysters/Clams
- Shrimp
- Salmon
- Turnips

## Benefits:

- Reduces inflammation
- Lowers triglycerides and blood pressure
- Improves joint health

## Omega-3



## Sources:

- Tuna
- Flaxseed
- Chia seeds
- Kidney beans

**Benefits:**

- Maintains strong bones
- Helps the body absorb calcium
- Contributes to muscle movement
- Carries messages to nerves
- Supports immune health
- Aids in osteoporosis prevention
- Improves cardiovascular health
- Lessens risk for Type II Diabetes

## Vitamin D



**Sources:**

- Sunlight
- Salmon
- Soy milk and cheese
- Tuna
- Fortified milk and cereals

**Benefits:**

- Helps transport oxygen to cells
- Regulates cell growth
- Supports immune health
- \*Excessive iron can be toxic

## Iron



**Sources:**

- Liver
- Organ meats
- Meat
- Poultry
- Egg yolk
- Enriched and whole-grain breads/cereals
- Dark green vegetables
- Legumes
- Dark molasses
- Peaches
- Apricots
- Prunes
- Raisins

**Benefits:**

- Plays a role in heart and bone health
- Helps balance water in the bodies' cells

## Potassium



**Sources:**

- Milk
- Fruits and vegetables
- Bananas
- Tomatoes
- Potatoes/Yams
- Spinach
- Fish
- Beans
- Orange juice

## Practice Safety with Dietary Supplements

- Do not self diagnose any health conditions
- Work with your health care provider to determine how to best achieve optimal health
- Nutrient supplements are not a substitute for a healthy diet
- With supplements, more is not necessarily better