

Vitamins

VITAMIN	WHAT IT DOES	WHERE IS IT FOUND	DAILY VALUE*
Biotin	<ul style="list-style-type: none"> • Energy storage • Protein, carbohydrate, and fat metabolism 	<ul style="list-style-type: none"> • Avocados • Cauliflower • Eggs • Fruits (e.g., raspberries) • Liver • Pork • Salmon • Whole grains 	300 mcg
Folate/Folic Acid <i>Important for pregnant women and women capable of becoming pregnant</i>	<ul style="list-style-type: none"> • Prevention of birth defects • Protein metabolism • Red blood cell formation 	<ul style="list-style-type: none"> • Asparagus • Avocado • Beans and peas • Enriched grain products (e.g., bread, cereal, pasta, rice) • Green leafy vegetables (e.g., spinach) • Orange juice 	400 mcg
Niacin	<ul style="list-style-type: none"> • Cholesterol production • Conversion of food into energy • Digestion • Nervous system function 	<ul style="list-style-type: none"> • Beans • Beef • Enriched grain products (e.g., bread, cereal, pasta, rice) • Nuts • Pork • Poultry • Seafood • Whole grains 	20 mg
Pantothenic Acid	<ul style="list-style-type: none"> • Conversion of food into energy • Fat metabolism • Hormone production • Nervous system function • Red blood cell formation 	<ul style="list-style-type: none"> • Avocados • Beans and peas • Broccoli • Eggs • Milk • Mushrooms • Poultry • Seafood • Sweet potatoes • Whole grains • Yogurt 	10 mg
Riboflavin	<ul style="list-style-type: none"> • Conversion of food into energy • Growth and development • Red blood cell formation 	<ul style="list-style-type: none"> • Eggs • Enriched grain products (e.g., bread, cereal, pasta, rice) • Meats • Milk • Mushrooms • Poultry • Seafood (e.g., oysters) • Spinach 	1.7 mg
Thiamin	<ul style="list-style-type: none"> • Conversion of food into energy • Nervous system function 	<ul style="list-style-type: none"> • Beans and peas • Enriched grain products (e.g., bread, cereal, pasta, rice) • Nuts • Pork • Sunflower seeds • Whole grains 	1.5 mg

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Vitamins (cont'd)

VITAMIN	WHAT IT DOES	WHERE IS IT FOUND	DAILY VALUE*
Vitamin A	<ul style="list-style-type: none"> • Growth and development • Immune function • Reproduction • Red blood cell formation • Skin and bone formation • Vision 	<ul style="list-style-type: none"> • Cantaloupe • Carrots • Dairy products • Eggs • Fortified cereals • Green leafy vegetables (e.g., spinach and broccoli) • Pumpkin • Red peppers • Sweet potatoes 	5,000 IU
Vitamin B₆	<ul style="list-style-type: none"> • Immune function • Nervous system function • Protein, carbohydrate, and fat metabolism • Red blood cell formation 	<ul style="list-style-type: none"> • Chickpeas • Fruits (other than citrus) • Potatoes • Salmon • Tuna 	2 mg
Vitamin B₁₂	<ul style="list-style-type: none"> • Conversion of food into energy • Nervous system function • Red blood cell formation 	<ul style="list-style-type: none"> • Dairy products • Eggs • Fortified cereals • Meats • Poultry • Seafood (e.g., clams, trout, salmon, haddock, tuna) 	6 mcg
Vitamin C	<ul style="list-style-type: none"> • Antioxidant • Collagen and connective tissue formation • Immune function • Wound healing 	<ul style="list-style-type: none"> • Broccoli • Brussels sprouts • Cantaloupe • Citrus fruits and juices (e.g., oranges and grapefruit) • Kiwifruit • Peppers • Strawberries • Tomatoes and tomato juice 	60 mg
Vitamin D <i>Nutrient of concern for most Americans</i>	<ul style="list-style-type: none"> • Blood pressure regulation • Bone growth • Calcium balance • Hormone production • Immune function • Nervous system function 	<ul style="list-style-type: none"> • Eggs • Fish (e.g., herring, mackerel, salmon, trout, and tuna) • Fish liver oil • Fortified cereals • Fortified dairy products • Fortified margarine • Fortified orange juice • Fortified soy beverages (soymilk) 	400 IU
Vitamin E	<ul style="list-style-type: none"> • Antioxidant • Formation of blood vessels • Immune function 	<ul style="list-style-type: none"> • Fortified cereals and juices • Green vegetables (e.g., spinach and broccoli) • Nuts and seeds • Peanuts and peanut butter • Vegetable oils 	30 IU
Vitamin K	<ul style="list-style-type: none"> • Blood clotting • Strong bones 	<ul style="list-style-type: none"> • Green vegetables (e.g., broccoli, kale, spinach, turnip greens, collards, Swiss chard, mustard greens) 	80 mcg

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Minerals

MINERAL	WHAT IT DOES	WHERE IS IT FOUND	DAILY VALUE*
Calcium <i>Nutrient of concern for most Americans</i>	<ul style="list-style-type: none"> Blood clotting Bone and teeth formation Constriction and relaxation of blood vessels Hormone secretion Muscle contraction Nervous system function 	<ul style="list-style-type: none"> Almond, rice, coconut, and hemp milks Canned seafood with bones (e.g., salmon and sardines) Dairy products Fortified cereals and juices Fortified soy beverages (soymilk) Green vegetables (e.g., spinach, kale, broccoli, turnip greens) Tofu (made with calcium sulfate) 	1,000 mg
Chloride	<ul style="list-style-type: none"> Acid-base balance Conversion of food into energy Digestion Fluid balance Nervous system function 	<ul style="list-style-type: none"> Celery Lettuce Olives Rye Salt substitutes Seaweeds (e.g., dulse and kelp) Table salt and sea salt Tomatoes 	3,400 mg
Chromium	<ul style="list-style-type: none"> Insulin function Protein, carbohydrate, and fat metabolism 	<ul style="list-style-type: none"> Broccoli Fruits (e.g., apple and banana) Grape and orange juice Meats Spices (e.g., garlic and basil) Turkey Whole grains 	120 mcg
Copper	<ul style="list-style-type: none"> Antioxidant Bone formation Collagen and connective tissue formation Energy production Iron metabolism Nervous system function 	<ul style="list-style-type: none"> Chocolate and cocoa Crustaceans and shellfish Lentils Nuts and seeds Organ meats (e.g., liver) Whole grains 	2 mg
Iodine	<ul style="list-style-type: none"> Growth and development Metabolism Reproduction Thyroid hormone production 	<ul style="list-style-type: none"> Breads and cereals Dairy products Iodized salt Potatoes Seafood Seaweed Turkey 	150 mcg
Iron <i>Nutrient of concern for young children, pregnant women, and women capable of becoming pregnant</i>	<ul style="list-style-type: none"> Energy production Growth and development Immune function Red blood cell formation Reproduction Wound healing 	<ul style="list-style-type: none"> Beans and peas Dark green vegetables Meats Poultry Prunes and prune juice Raisins Seafood Whole grain, enriched, and fortified cereals and breads 	18 mg

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Minerals (cont'd)

MINERAL	WHAT IT DOES	WHERE IS IT FOUND	DAILY VALUE*
Magnesium	<ul style="list-style-type: none"> • Blood pressure regulation • Blood sugar regulation • Bone formation • Energy production • Hormone secretion • Immune function • Muscle contraction • Nervous system function • Normal heart rhythm • Protein formation 	<ul style="list-style-type: none"> • Avocados • Bananas • Beans and peas • Dairy products • Green leafy vegetables (e.g., spinach) • Nuts and pumpkin seeds • Potatoes • Raisins • Wheat bran • Whole grains 	400 mg
Manganese	<ul style="list-style-type: none"> • Carbohydrate, protein, and cholesterol metabolism • Cartilage and bone formation • Wound healing 	<ul style="list-style-type: none"> • Beans • Nuts • Pineapple • Spinach • Sweet potato • Whole grains 	2 mg
Molybdenum	<ul style="list-style-type: none"> • Enzyme production 	<ul style="list-style-type: none"> • Beans and peas • Nuts • Whole grains 	75 mcg
Phosphorus	<ul style="list-style-type: none"> • Acid-base balance • Bone formation • Energy production and storage • Hormone activation 	<ul style="list-style-type: none"> • Beans and peas • Dairy products • Meats • Nuts and seeds • Poultry • Seafood • Whole grain, enriched, and fortified cereals and breads 	1,000 mg
Potassium <i>Nutrient of concern for most Americans</i>	<ul style="list-style-type: none"> • Blood pressure regulation • Carbohydrate metabolism • Fluid balance • Growth and development • Heart function • Muscle contraction • Nervous system function • Protein formation 	<ul style="list-style-type: none"> • Bananas • Beet greens • Juices (e.g., carrot, pomegranate, prune, orange, and tomato) • Milk • Oranges and orange juice • Potatoes and sweet potatoes • Prunes and prune juice • Spinach • Tomatoes and tomato products • White beans • Yogurt 	3,500 mg
Selenium	<ul style="list-style-type: none"> • Antioxidant • Immune function • Reproduction • Thyroid function 	<ul style="list-style-type: none"> • Eggs • Enriched pasta and rice • Meats • Nuts (e.g., Brazil nuts) and seeds • Poultry • Seafood • Whole grains 	70 mcg

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Minerals (cont'd)

MINERAL	WHAT IT DOES	WHERE IS IT FOUND	DAILY VALUE*
Sodium <i>Nutrient to get less of</i>	<ul style="list-style-type: none"> • Acid-base balance • Blood pressure regulation • Fluid balance • Muscle contraction • Nervous system function 	<ul style="list-style-type: none"> • Breads and rolls • Cheese (natural and processed) • Cold cuts and cured meats (e.g., deli or packaged ham or turkey) • Mixed meat dishes (e.g., beef stew, chili, and meat loaf) • Mixed pasta dishes (e.g., lasagna, pasta salad, and spaghetti with meat sauce) • Pizza • Poultry (fresh and processed) • Sandwiches (e.g., hamburgers, hot dogs, and submarine sandwiches) • Savory snacks (e.g., chips, crackers, popcorn, and pretzels) • Soups • Table salt 	2,400 mg
Zinc	<ul style="list-style-type: none"> • Growth and development • Immune function • Nervous system function • Protein formation • Reproduction • Taste and smell • Wound healing 	<ul style="list-style-type: none"> • Beans and peas • Beef • Dairy products • Fortified cereals • Nuts • Poultry • Seafood (e.g., clams, crabs, lobsters, oysters) • Whole grains 	15 mg

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