

VITAMINS	WHAT IT DOES	WHERE IT IS FOUND	MINERALS	WHAT IT DOES	WHERE IT IS FOUND
Vitamin A	<ul style="list-style-type: none"> • Growth and development • Immune function • Red blood cell formation • Reproduction • Skin and bone formation • Vision 	<ul style="list-style-type: none"> • Cantaloupe • Carrots • Dairy products • Eggs • Fortified cereals • Green leafy vegetables 	CALCIUM	<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"> • Canned seafood with bones (e.g., salmon and sardines) • Dairy products • Fortified orange juice • Fortified plant-based beverages (e.g., soy, rice, and almond)
Vitamin C	<ul style="list-style-type: none"> • Antioxidant • Collagen and connective tissue formation • Immune function • Wound healing 	<ul style="list-style-type: none"> • Fruit (e.g., cantaloupe, citrus fruits, kiwifruit, and strawberries) • Juices (e.g., oranges, grapefruit, and tomato) • Vegetables (e.g., broccoli, Brussels sprouts, peppers, and tomatoes) 			
Vitamin D	<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 oil and cod liver oil • Fortified dairy products • Fortified margarine • Fortified orange juice 	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 • Beans and peas • Dairy products • Fruits (e.g., bananas and raisins) • Green leafy vegetables (e.g., spinach) • Nuts and pumpkin seeds • Potatoes • Whole grains
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 			
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 • Meat • Poultry • Seafood 			

VITAMINS and MINERALS CHART