





| Vitamin                       | Role in the body   | Recommended daily amount for adults                 | Best sources   |
|-------------------------------|--|---|--|
| <b>D (calciferol)</b>         | <ul style="list-style-type: none"> <li>▶ bone &amp; tooth formation</li> <li>▶ immune functions</li> <li>▶ mineral balance (calcium and phosphorous)</li> </ul>  | <p>Males: 400–600 IU</p> <p>Females: 400–600 IU</p> | <ul style="list-style-type: none"> <li>▶ egg yolk</li> <li>▶ salmon</li> <li>▶ sardines</li> <li>▶ fortified milk</li> <li>▶ Vitamin D is produced in the skin when exposed to sunlight</li> </ul> |
| <b>E (α-tocopherol)</b>       | <ul style="list-style-type: none"> <li>▶ anti-oxidant activity (free radical scavenger)</li> <li>▶ possible immune system support</li> </ul>   | <p>Males: 15 mg</p> <p>Females: 15 mg</p>           | <ul style="list-style-type: none"> <li>▶ vegetable &amp; nut oils</li> <li>▶ wheat germ</li> <li>▶ dark green vegetables</li> <li>▶ nuts</li> <li>▶ whole grains</li> </ul>                        |
| <b>K</b>                      | <ul style="list-style-type: none"> <li>▶ blood clotting</li> <li>▶ bone metabolism</li> </ul>  | <p>Males: 120 µg</p> <p>Females: 90 µg</p>          | <ul style="list-style-type: none"> <li>▶ green leafy vegetables (e.g., spinach, broccoli, collards)</li> <li>▶ olive oil</li> <li>▶ soybean oil</li> </ul>   |
| <b>H (biotin, vitamin B7)</b> | <ul style="list-style-type: none"> <li>▶ cell growth</li> <li>▶ production of fatty acids</li> <li>▶ processing of fats and amino acids</li> <li>▶ maintain blood sugar levels</li> <li>▶ strengthen hair and nails</li> </ul> | <p>Males: 30 µg</p> <p>Females: 30 µg</p>           | <ul style="list-style-type: none"> <li>▶ liver</li> <li>▶ eggs</li> <li>▶ meat</li> <li>▶ wheat bran</li> <li>▶ cheese</li> <li>▶ yeast</li> <li>▶ avocado</li> </ul>                              |

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|-----------------|---|--|--|
| <b>calcium</b>  | <ul style="list-style-type: none"> <li>▶ support and formation of bones, and teeth</li> <li>▶ regulates heartbeat, muscle action, nerve function &amp; blood clotting</li> </ul>  | <p>Males: 1000–1200 mg<br/>Females: 1000–1200 mg</p> | <ul style="list-style-type: none"> <li>▶ low-fat or nonfat milk products</li> <li>▶ cheese</li> <li>▶ red beans</li> <li>▶ spinach</li> <li>▶ broccoli</li> <li>▶ rhubarb</li> <li>▶ kale</li> <li>▶ calcium-set tofu</li> </ul> |
| <b>chromium</b> | <ul style="list-style-type: none"> <li>▶ needed for using glucose as an energy source</li> <li>▶ increases effectiveness of insulin</li> <li>▶ metabolizes fat and protein</li> </ul>   | <p>Males: 30–35 µg<br/>Females: 20–25 µg</p>         | <ul style="list-style-type: none"> <li>▶ whole grains</li> <li>▶ peas</li> <li>▶ beans</li> <li>▶ beef</li> <li>▶ processed turkey</li> <li>▶ broccoli</li> </ul>  |
| <b>copper</b>   | <ul style="list-style-type: none"> <li>▶ formation of red blood cells</li> <li>▶ needed for bone health</li> <li>▶ iron metabolism</li> <li>▶ involved in the normal function of the nervous system</li> <li>▶ anti-oxidant activity</li> </ul> | <p>Males: 900 µg<br/>Females: 900 µg</p>             | <ul style="list-style-type: none"> <li>▶ organ meats</li> <li>▶ shellfish</li> <li>▶ nuts</li> <li>▶ seeds</li> <li>▶ oysters</li> <li>▶ cocoa powder</li> <li>▶ whole grain products</li> </ul>                                 |

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|------------------|---|--|---|
| <b>fluoride</b>  | <ul style="list-style-type: none"> <li>▶ prevention of tooth decay</li> <li>▶ stimulates new bone formation</li> </ul>  | <p>Males: 4 mg</p> <p>Females: 3 mg</p>  | <ul style="list-style-type: none"> <li>▶ seafood</li> <li>▶ tea</li> <li>▶ grape juice</li> <li>▶ <i>Fluoridated water (and food prepared in fluoridated water) and fluoridated dental products (e.g., toothpaste) will contain fluoride</i></li> </ul> |
| <b>iodine</b>    | <ul style="list-style-type: none"> <li>▶ thyroid functioning</li> </ul>   | <p>Males: 150 µg</p> <p>Females: 150 µg</p>  | <ul style="list-style-type: none"> <li>▶ iodized salt</li> <li>▶ cod</li> <li>▶ shrimp</li> <li>▶ cow's milk</li> <li>▶ potatoes</li> </ul>   |
| <b>iron</b>      | <ul style="list-style-type: none"> <li>▶ formation of components of red blood cells that supply and transport oxygen</li> <li>▶ DNA synthesis</li> <li>▶ anti-oxidant activity</li> </ul> | <p>Males: 8 mg</p> <p>Females: 18 mg*</p> <p><i>*post-menopausal women: 8 mg/day</i></p> | <ul style="list-style-type: none"> <li>▶ red meat</li> <li>▶ poultry</li> <li>▶ fish</li> <li>▶ liver</li> <li>▶ beans</li> <li>▶ whole &amp; enriched grains</li> <li>▶ green leafy vegetables</li> <li>▶ tofu</li> <li>▶ oysters</li> </ul>           |
| <b>magnesium</b> | <ul style="list-style-type: none"> <li>▶ enzyme activation</li> <li>▶ nerve &amp; muscle function</li> <li>▶ bone structure</li> <li>▶ energy production</li> </ul>                       | <p>Males: 420 mg</p> <p>Females: 320 mg</p>  | <ul style="list-style-type: none"> <li>▶ nuts</li> <li>▶ beans</li> <li>▶ green leafy vegetables</li> <li>▶ whole &amp; enriched grains</li> <li>▶ bran cereal</li> <li>▶ spinach</li> <li>▶ banana</li> </ul>  |

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|--------------------|--|-------------------------------------|--|
| <b>manganese</b>   | <ul style="list-style-type: none"> <li>▶ bone growth &amp; development</li> <li>▶ wound healing</li> <li>▶ metabolism of carbohydrates, amino acids, and cholesterol</li> <li>▶ anti-oxidant activity</li> </ul> | Males: 2.3 mg<br>Females: 1.8 mg    | <ul style="list-style-type: none"> <li>▶ nuts</li> <li>▶ whole grains</li> <li>▶ tea</li> <li>▶ coffee</li> <li>▶ bran</li> <li>▶ legumes</li> <li>▶ pineapple</li> </ul>                |
| <b>molybdenum</b>  | <ul style="list-style-type: none"> <li>▶ biological reactions</li> <li>▶ processing of sulfur-containing amino acids, drugs, and toxins</li> </ul>   | Males: 45 µg<br>Females: 45 µg      | <ul style="list-style-type: none"> <li>▶ beans</li> <li>▶ lentils</li> <li>▶ peas</li> <li>▶ grain products</li> <li>▶ nuts</li> </ul>   |
| <b>phosphorous</b> | <ul style="list-style-type: none"> <li>▶ bone structure</li> <li>▶ energy production and storage</li> </ul>  | Males: 700 mg<br>Females: 700 mg    | <ul style="list-style-type: none"> <li>▶ dairy products</li> <li>▶ meats</li> <li>▶ fish</li> <li>▶ eggs</li> <li>▶ beans</li> <li>▶ whole grains</li> </ul>                             |
| <b>potassium</b>   | <ul style="list-style-type: none"> <li>▶ fluid balance</li> <li>▶ normal body function</li> <li>▶ heart activity</li> <li>▶ muscle contraction</li> <li>▶ nervous system functions</li> </ul>                    | Males: 4.7 g<br>Females: 4.7 g      | <ul style="list-style-type: none"> <li>▶ orange juice</li> <li>▶ potatoes</li> <li>▶ bananas</li> <li>▶ tomato juice</li> <li>▶ soybeans</li> <li>▶ apricots</li> <li>▶ plums</li> </ul> |

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|-----------------|--|---|--|
| <b>sodium</b>   | <ul style="list-style-type: none"> <li>▶ maintenance of blood volume and blood pressure</li> <li>▶ transmission of nerve impulses</li> <li>▶ heart activity</li> <li>▶ muscle contraction</li> <li>▶ various internal functions</li> </ul> | <p>Males: 1.5 g</p> <p>Females: 1.5 g</p> | <ul style="list-style-type: none"> <li>▶ table salt</li> <li>▶ processed meats (e.g., bacon, sausage, ham)</li> <li>▶ canned soups and vegetables</li> <li>▶ worcestershire sauce</li> <li>▶ soy sauce</li> <li>▶ onion salt</li> <li>▶ garlic salt</li> <li>▶ bouillon cubes</li> </ul> |
| <b>selenium</b> | <ul style="list-style-type: none"> <li>▶ anti-oxidant activity</li> <li>▶ regulation of thyroid hormone</li> </ul>   | <p>Males: 55 µg</p> <p>Females: 55 µg</p> | <ul style="list-style-type: none"> <li>▶ cereals (e.g., corn, wheat, and rice)</li> <li>▶ brazil nuts</li> <li>▶ walnuts</li> <li>▶ pork</li> <li>▶ poultry</li> <li>▶ eggs</li> <li>▶ shrimp</li> <li>▶ halibut</li> <li>▶ crab meat</li> </ul>   |
| <b>zinc</b>     | <ul style="list-style-type: none"> <li>▶ taste &amp; smell sensitivity</li> <li>▶ growth and development</li> <li>▶ healing</li> <li>▶ immune system function</li> </ul>   | <p>Males: 11 mg</p> <p>Females: 8 mg</p>  | <ul style="list-style-type: none"> <li>▶ lean meat</li> <li>▶ oysters</li> <li>▶ eggs</li> <li>▶ seafood</li> <li>▶ yeast-containing whole grains</li> <li>▶ low-fat milk products</li> </ul>  |