

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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