



# vitamins and minerals your body needs!

<b>nutrient</b>	<b>what it does</b>	<b>where it is found</b>	<b>Daily Recommendation (For Females, ages 14-18)</b>
Vitamin A	Strengthens eyes, hair, skin, and nails	Milk Eggs Meat Fish Sweet potatoes Cantaloupe Apricots Green, yellow, and orange veggies	700 µg*
Vitamin B6	Helps form red blood cells Helps with nerve function	Potatoes Bananas Eggs Chicken Avocados Whole grains	1.2 mg**
Vitamin B9 (also known as folic acid or folate)	Helps make blood cells and DNA	Legumes Green leafy veggies Asparagus Oranges	400 µg*
Vitamin B12 (also known as cobalamin)	Increases energy Decreases stress Helps with memory Helps form red blood cells Helps with nerve function	Meat Milk Eggs Cheese	2.4 µg*
Vitamin B3 (also known as niacin)	Helps extract energy from food Maintains skin & nerve function	Meat Peanuts Fortified food, such as certain cereals	14 mg**
Vitamin C	Helps wounds and cuts heal Helps fight infection Strengthens blood vessels Strengthens gums	Citrus fruits Cantaloupe Strawberries Broccoli Red and green peppers	65 mg**
Vitamin D	Enables the body to absorb calcium and phosphorus Keeps bones and teeth strong	Dairy foods Salmon Sardines Fortified foods, such as certain cereals	5-10 µg *
Vitamin E	Forms red blood cells, muscles, and body tissues Acts as an antioxidant (preventing damage to cells)	Eggs Healthy vegetable oils Nuts and seeds	15 mg**

Vitamin K	Allows blood to clot	Leafy green vegetables Milk Eggs Meat	75 µg*
Calcium	Builds strong bones and teeth Helps with nerve function and muscle contractions	Most dairy foods Almonds Tofu (if processed with a calcium salt) Broccoli Fortified foods, such as some brands of orange juice and cereal	1,300 mg**
Chromium	Helps you to extract energy from food	Meat Cheese Egg yolks Whole grains	24 µg *
Iron	Forms part of the substance in blood that carries oxygen throughout the body	Chicken and turkey Red meat Beans Apricots Iron-fortified cereals	15mg**
Magnesium	Keeps bones healthy Maintains muscle, nerve, and immune functions	Nuts Soy Spinach Halibut	360 mg**
Phosphorus	Strengthens bones and teeth Helps food convert into energy	Legumes Dairy foods Egg yolks Animal protein	1,250 mg**
Potassium	Helps muscles contract Helps nerves transmit messages Involved in heart and kidney function Regulates blood pressure Regulates fluid balance	Leafy green vegetables Tomatoes Molasses Eggplant	4.7 g***
Zinc	Helps prevent illness Speeds healing	Meat Eggs Seafood (oysters) Whole grains	9 mg**

Notice how small the amounts are:

\* µg = micrograms (also abbreviated mcg). A million micrograms equal 1 gram.

\*\* mg = milligrams. A thousand milligrams equal 1 gram.

\*\*\* g = grams. An ounce = about 28 grams.

**check your food and your multivitamin to make sure you are getting the minerals and vitamins that you need!**