



5. Vitamins and Minerals Checklist

Chapter 13.3 and Appendix 2 in *University Matters*

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Vitamin A	<p>FOR: Healthy immune system, skin, hair. Good vision in the dark. Growth and development of bones and teeth. Hormone synthesis.</p> <p>FROM: Dark green leafy vegetables, yellow and orange fruits and vegetables, dairy products, meat, eggs.</p>	
Vitamin B	<p>B Complex – group of 8 different vitamins.</p> <p>FOR: Energy metabolism, nervous system, muscles, digestive system, red blood cell formation (B12), brain function (B6).</p> <p>FROM: Cereal, legumes, bananas, meat, milk, eggs, fish, cheese, green vegetables, nuts, soybeans.</p>	
Vitamin C	<p>FOR: Wound healing, healthy skin, joints, ligaments, strengthening resistance to infection (colds). Helps absorption of iron. Regulates nervous system.</p> <p>FROM: Fruit – citrus, melon, tomatoes, berries. Leafy greens, broccoli, peppers, potato, cabbage.</p>	
Vitamin D	<p>FOR: Strong bones and teeth. Helps absorption of calcium.</p> <p>FROM: Sunlight, milk, eggs, liver.</p>	
Vitamin E	<p>FOR: Antioxidant (prevents vitamin A and essential fatty acids from being broken down in cells). Stabilizes cell membranes.</p> <p>FROM: Fats, oils, meat, eggs, fish, poultry, legumes, leafy greens, nuts, cereals, grains.</p>	
Vitamin K	<p>FOR: Blood clotting system, bone formation and repair.</p> <p>FROM: Leafy greens, meat, liver, eggs, cereal, cabbage, cauliflower and fruit.</p>	
Iron	<p>FOR: Helps produce hemoglobin for the red blood cells, which carry oxygen from the lungs to the cells of the body. Keeps energy levels high. Strengthens the immune system.</p> <p>FROM: Red meat, liver, clams, eggs, lentils, chickpeas, spinach, leafy greens, cereal, bread, nuts, dried fruit.</p>	
Calcium	<p>FOR: Healthy bones and teeth. Strength. Muscle and nerve function.</p> <p>FROM: Milk, yogurt, cheese, salmon with the bones, tofu, almonds, broccoli, kale, shrimp, clams, fortified orange juice.</p>	
Zinc	<p>FOR: Activates enzymes for important cell functions. Used in the production of insulin.</p> <p>FROM: Meat, poultry, fish, grains, cereal, bread, legumes, nuts.</p>	
Magnesium	<p>FOR: Development of bones and teeth. Nervous system function. Muscle contraction. Activates enzymes needed for energy.</p> <p>FROM: Grains, nuts, legumes, dark leafy greens.</p>	