



Vitamins, Minerals, and Their Food Sources

VITAMIN	FUNCTION	RECOMMENDED DAILY INTAKE	FOOD SOURCES
B1 Thiamin	carbohydrate metabolism, nervous system function	1.1mg	whole grains, legumes, fortified cereals, nuts and seeds, cruciferous vegetables, nutritional yeast, fortified plant milks
B2 Riboflavin	energy metabolism, skin health	adult males 1.3mg adult females 1.1mg	green leafy vegetables, legumes, whole grains, fortified plant milks, avocado, mushrooms, nutritional yeast
B3 Niacin	energy metabolism, glycolysis, fat synthesis	adult males 16.5mg adult females 13.2mg	whole grains, nuts and seeds, legumes, green leafy vegetables, tofu
B5 Panthothenic acid	energy metabolism, gluconogenesis		legumes, most vegetables, whole grains, avocado, sweet potato
B6 Pyridoxine	protein metabolism, protein synthesis, red blood cell formation, neurotransmitter formation	adult males 1.4mg adult females 1.2mg	fortified breakfast cereals, legumes, bananas, avocado, spinach sweet potatoes, sesame and sunflower seeds
B7 Biotin	coenzyme for metabolic processes, glucose and fatty acid synthesis	1.1mg	whole grains, legumes, walnuts, peanuts
B9 Folate	DNA synthesis, red blood cell formation, normal development of foetes	200mcg pregnancy 400mcg	green leafy vegetables, fruits, legumes, whole grains, fortified grain products

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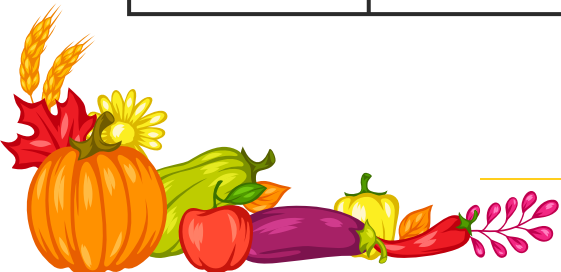




VITAMIN	FUNCTION	RECOMMENDED DAILY INTAKE	FOOD SOURCES
B12 Cobalamin	DNA synthesis, red blood cell formation, formation of myelin sheath, conversion of homocysteine to methionine	2.5mcg	fortified foods supplements 50mcg/day OR 2000mcg/week
C L-ascorbic acid	antioxidant, collagen formation, synthesis of neurotransmitters, amino acid metabolism, resynthesis of vitamin E	40mg	fresh fruits and vegetables
A	healthy vision, cell function, growth, immune function	adult males 700mcg adult females 600mcg	orange, red, yellow and dark green coloured fruits and vegetables
D Calciferol	absorption of calcium and phosphorus, immune function	10mcg	sun exposure, fortified breakfast cereals, supplements
E Tocopherol	potent antioxidant	12mg	green leafy vegetables, nuts and seeds, vegetable oils
K Phylloquinone	blood clotting, bone health	75mcg	cruciferous vegetables, fermented foods

MINERAL	FUNCTION	RECOMMENDED DAILY INTAKE	FOOD SOURCES
Calcium	building and maintaining strong bones, muscle contraction and relaxation, nerve function, blood clotting	7000mg	dark green leafy vegetables, calcium-set tofu, fortified plant milk, nuts and seeds, legumes, fortified breakfast cereals

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MINERAL	FUNCTION	RECOMMENDED DAILY INTAKE	FOOD SOURCES
Copper	component of many enzymes, immune function, brain function, antioxidant	1.2g	whole grains, nuts and seeds, legumes, dark leafy greens, mushrooms, tofu, avocado
Fluoride	makes bones and teeth resistant to acid degradation, prevents tooth decay	3.5mg	tap water, green and black tea
Iodine	key component of thyroid hormones T3 and T4	140mcg	seaweed, iodised salt, fortified plant milks
Iron	oxygen transport, muscle function, energy production, DNA synthesis, immune function	adult males 8.7mg adult females 14mg	legumes, nuts and seeds, whole grains, green leafy vegetables, dried fruits (apricots, prunes)
Magnesium	bone development and remodelling, ATP production	adult males 300mg adult females 280mg	whole grains, green leafy vegetables like kale, nuts and seeds, legumes, avocado, dark chocolate
Manganese	bone development, wound healing, energy production	adult males 2.3mg adult females 1.8mg	whole grains, nuts and seeds, legumes, leafy green vegetables, berries
Phosphorus	bone growth and remodelling, key component of ATP	550mg	legumes, nuts and seeds, whole grains, sweet potatoes, broccoli, carrots, beets, corn, Brussels sprouts,
Selenium	anti-oxidant, DNA synthesis, immune function, thyroid hormone metabolism	adult males 75mcg adult females 60mcg	Brazil nuts, legumes, whole grains, sunflower seeds, chia seeds
Zinc	co-factor for many enzymes involved in digestion, energy metabolism and DNA synthesis; immune function, wound healing	adult males 9.5mg adult females 7mg	legumes, tofu, tempeh, whole grains, pumpkin seeds, cashews, and almonds, mushrooms, spinach, broccoli

