

Vitamins (cont'd)

VITAMIN	WHAT IT DOES	WHERE IS IT FOUND	DAILY VALUE*
Vitamin A	• Growth and development • Immune function • Reproduction • Red blood cell formation • Skin and bone formation • Vision	• 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	• Immune function • Nervous system function • Protein, carbohydrate, and fat metabolism • Red blood cell formation	• Chickpeas • Fruits (other than citrus) • Potatoes • Salmon • Tuna	2 mg
Vitamin B₁₂	• Conversion of food into energy • Nervous system function • Red blood cell formation	• Dairy products • Eggs • Fortified cereals • Meats • Poultry • Seafood (e.g., clams, trout, salmon, haddock, tuna)	6 mcg
Vitamin C	• Antioxidant • Collagen and connective tissue formation • Immune function • Wound healing	• 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>	• Blood pressure regulation • Bone growth • Calcium balance • Hormone production • Immune function • Nervous system function	• 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	• Antioxidant • Formation of blood vessels • Immune function	• Fortified cereals and juices • Green vegetables (e.g., spinach and broccoli) • Nuts and seeds • Peanuts and peanut butter • Vegetable oils	30 IU
Vitamin K	• Blood clotting • Strong bones	• Green vegetables (e.g., broccoli, kale, spinach, turnip greens, collards, Swiss chard, mustard greens)	80 mcg

* The Daily Values are the amounts of nutrients recommended per day for Americans 4 years of age or older.

Vitamin Intake Guide

Tobias Bleicker

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