

# Vitamins (cont'd)

| VITAMIN                                                           | WHAT IT DOES                                                                                                                                                                                                                | WHERE IS IT FOUND                                                                                                                                                                                                                                                                                                                    | DAILY VALUE* |
|-------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| <b>Vitamin A</b>                                                  | <ul style="list-style-type: none"> <li>• Growth and development</li> <li>• Immune function</li> <li>• Reproduction</li> <li>• Red blood cell formation</li> <li>• Skin and bone formation</li> <li>• Vision</li> </ul>      | <ul style="list-style-type: none"> <li>• Cantaloupe</li> <li>• Carrots</li> <li>• Dairy products</li> <li>• Eggs</li> <li>• Fortified cereals</li> <li>• Green leafy vegetables (e.g., spinach and broccoli)</li> <li>• Pumpkin</li> <li>• Red peppers</li> <li>• Sweet potatoes</li> </ul>                                          | 5,000 IU     |
| <b>Vitamin B<sub>6</sub></b>                                      | <ul style="list-style-type: none"> <li>• Immune function</li> <li>• Nervous system function</li> <li>• Protein, carbohydrate, and fat metabolism</li> <li>• Red blood cell formation</li> </ul>                             | <ul style="list-style-type: none"> <li>• Chickpeas</li> <li>• Fruits (other than citrus)</li> <li>• Potatoes</li> <li>• Salmon</li> <li>• Tuna</li> </ul>                                                                                                                                                                            | 2 mg         |
| <b>Vitamin B<sub>12</sub></b>                                     | <ul style="list-style-type: none"> <li>• Conversion of food into energy</li> <li>• Nervous system function</li> <li>• Red blood cell formation</li> </ul>                                                                   | <ul style="list-style-type: none"> <li>• Dairy products</li> <li>• Eggs</li> <li>• Fortified cereals</li> <li>• Meats</li> <li>• Poultry</li> <li>• Seafood (e.g., clams, trout, salmon, haddock, tuna)</li> </ul>                                                                                                                   | 6 mcg        |
| <b>Vitamin C</b>                                                  | <ul style="list-style-type: none"> <li>• Antioxidant</li> <li>• Collagen and connective tissue formation</li> <li>• Immune function</li> <li>• Wound healing</li> </ul>                                                     | <ul style="list-style-type: none"> <li>• Broccoli</li> <li>• Brussels sprouts</li> <li>• Cantaloupe</li> <li>• Citrus fruits and juices (e.g., oranges and grapefruit)</li> <li>• Kiwifruit</li> <li>• Peppers</li> <li>• Strawberries</li> <li>• Tomatoes and tomato juice</li> </ul>                                               | 60 mg        |
| <b>Vitamin D</b><br><i>Nutrient of concern for most Americans</i> | <ul style="list-style-type: none"> <li>• Blood pressure regulation</li> <li>• Bone growth</li> <li>• Calcium balance</li> <li>• Hormone production</li> <li>• Immune function</li> <li>• Nervous system function</li> </ul> | <ul style="list-style-type: none"> <li>• Eggs</li> <li>• Fish (e.g., herring, mackerel, salmon, trout, and tuna)</li> <li>• Fish liver oil</li> <li>• Fortified cereals</li> <li>• Fortified dairy products</li> <li>• Fortified margarine</li> <li>• Fortified orange juice</li> <li>• Fortified soy beverages (soymilk)</li> </ul> | 400 IU       |
| <b>Vitamin E</b>                                                  | <ul style="list-style-type: none"> <li>• Antioxidant</li> <li>• Formation of blood vessels</li> <li>• Immune function</li> </ul>                                                                                            | <ul style="list-style-type: none"> <li>• Fortified cereals and juices</li> <li>• Green vegetables (e.g., spinach and broccoli)</li> <li>• Nuts and seeds</li> <li>• Peanuts and peanut butter</li> <li>• Vegetable oils</li> </ul>                                                                                                   | 30 IU        |
| <b>Vitamin K</b>                                                  | <ul style="list-style-type: none"> <li>• Blood clotting</li> <li>• Strong bones</li> </ul>                                                                                                                                  | <ul style="list-style-type: none"> <li>• Green vegetables (e.g., broccoli, kale, spinach, turnip greens, collards, Swiss chard, mustard greens)</li> </ul>                                                                                                                                                                           | 80 mcg       |

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

# Vitamin Information Guide

**AW Rasmussen**



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