Vitan	nins		
Why they are	important?		
Vitamin D: Works with calcium to build and maintain healthy bones and teeth. Source: Sunlight or fortified milk Vitamin C: Aids in wound healing,		 Vitamin A: Maintains hair and skin. Helps prevent night blindness Food Sources: Orange and Dark Green vegetables, dairy products, and fish oils Vitamin E: Protects membranes and red blood cells. Food Sources: Vegetable oils, whole grains, most fruits and vegetables, nuts, and seeds. 	
cell function, formation of collagen, and iron absorption. Source: Citrus Fruit, green leafy vegetables, broccoli, peppers, and tomatoes			
Riboflavin (B2): Converts food into energy. Food Sources: Milk, cheese, whole grains, green leafy vegetables, fish, eggs		Vitamin K: Aids i Food Sources: Da vegetables or liver.	
Thiamin (B1): Helps nerve tissue, digestive system, and energy. Source: Milk, whole grains, pork, dried beans, and nuts		Folate/Folic Acid red and white blood of DNA. Food Sources: Bea green leafy vegetable	cells, RNA, and ans, peas, lentils,
Niacin (B3): Conver energy. Source: Milk, whole g fish, and poultry. Disease		carbohyd and pro	mins: Help turn rates into energy mote a healthy ous system.
Night Blindness, Poor Eyesight: Eyes become sensitive to light and have difficulty seeing in dim light.	Vitamin A	Fat-soluble vitamins	Water-soluble vitamins
Beriberi: Swelling of the heart, numbness of hands and feet, mental confusion.	Thiamin (B1)	A, D, E, K	C and All B Vitamins
Pellagra: Skin irritations, digestive problems, and swelling of the tongue. If not treated, can result in mental disorder or death.	Niacin	Vitamins dissolve in fat.	Vitamins dissolve in water.
Spina Bifida: A birth defect that occurs when the spine and spinal cord don't form properly in the womb.	Folic Acid/Folate	Body can store them, excessive amounts can be toxic.	Body uses what it needs and excretes the rest in urine.
Scurvy: Weakness, anemia, gum disease, and skin problems. It was a common disease of sailors on long sea voyages without fresh fruit/veg.	Vitamin C	Are fat or water-soluble vitamins stored in the body? Fat	
Rickets: Bones become weak and soft. This can result in bone deformities in growing children.	Vitamin D		
Jaundice: A yellowing of the skin or whites of the eyes caused by a build-up of the pigment bilirubin. Jaundice occurs when bilirubin	Excessive Vitamin K	Treatment: Phototherapy is a treatment with a special light that helps rid the body of bilirubin.	

Minerals Why they are important? Fluoride: Component of teeth Zinc: Helps metabolize food, promotes growth, and assists in the production of the oxygen-carrying part and bones, and helps prevent dental cavities. of red blood cells. Source: Meat, liver, seafood, milk, and Source: Fluoridated water, fish, eggs. and some dental products like toothpaste. Iodine: A component of thyroid Calcium: Helps bones, teeth, blood clotting, muscles, and nerves. hormones. Source: Dairy products, tofu, Source: Iodized salt, seafood, and broccoli, parsley, and spinach. milk. Phosphorus: A component of Iron: Promotes healthy red blood bones, teeth, DNA, RNA, and cell cells. membranes. Also releases energy. Source: Red meat, poultry, fish, Source: Whole grains, meat, eggs, legumes, and fortified foods. milk, and cheese. Best source of iron: Best source of Magnesium: Builds bones and **Copper:** Frees iron from storage and promotes the functionality of calcium: regulates nerves and muscles. Red meats connective tissue. Dairy products Source: Dark green leafy vegetables, Source: Shellfish, nuts, and whole grain products, and nuts. legumes. Disease Mineral Deficiency Vocabulary: Osteoporosis: When bones gradually lose their minerals. They Calcium Toxicity: Too much of become fragile and break easily and skeleton may shrink. something (toxic/poisonous). Iron Anemia: Poor appetite, pale skin, fatigue and weakness caused by a decreased number of circulating red blood cells in the body. Iodine Goiter: An abnormal enlargement of the thyroid gland at the base of Deficiency: Not enough of the neck. something (shortage). Two Most Common Three things that destroy Minerals mostly vitaming and minerals. do what in the Mineral Macro Minerals: Minerals body? Deficiencies needed in larger quantities in I. Heat Build strong bones the body. and teeth. Iron and Calcium 2. Water Macro Minerals: Micro Minerals: Micro Minerals: Essential 3. Air Calcium Copper Iron minerals needed in smaller Magnesium Zinc Iodine Phosphorus Fluoride ouantities.