

Vitamins and Minerals Chart

Name _____

TABLE 11.2 Vitamins and Minerals Chart

What's the nutrient?	Where can I get it?
Vitamin A	Carrots, sweet potatoes, greens, kale, spinach, broccoli, romaine lettuce, cantaloupes, apricots, papayas, mangoes
Vitamin C	Oranges, grapefruits, tangerines, cantaloupe, mangoes, papaya, strawberries, broccoli, bell peppers, tomatoes, sweet potatoes
Vitamin D***	Vitamin D–fortified unflavored milk, nondairy milks (soy, rice, almond)*, salmon, egg yolks
Vitamin E	Seed oils, canola oil, corn oil, soybean oil, almonds, sunflower seed kernels
Vitamin K	Green leafy vegetables such as cabbage, turnip greens, kale, parsley, and broccoli
Folate	Beans, green leafy vegetables, kale, spinach, yeast, soybeans, wheat germ, oranges, most fortified commercial breakfast cereals, and breads
B vitamins such as B ₁ (thiamine), B ₂ (riboflavin), B ₃ (niacin)	100% whole-grain breads and cereals, whole grains (such as barley, quinoa, whole wheat), poultry, lean red meat**, plain yogurt, unflavored milk, eggs
Calcium	Unflavored milk, cheese, plain yogurt, cottage cheese, fortified nondairy milks*, kale, broccoli, greens, calcium-set tofu (bean curd), black-eyed peas, baked beans, bok choy
Potassium	Sweet potatoes, tomatoes, winter squash, peaches, apricots, cantaloupe, bananas, greens, avocados, spinach, dried beans (white beans, lentils, kidney beans), bran, peanuts, unflavored milk, plain yogurt, poultry, seafood, lean red meat**
Iron	Chicken, fish and shellfish, eggs, lean red meat**, 100% whole-wheat bread, dark leafy greens, lima beans, kidney beans, lentils, tofu
Zinc	Lean red meat**, poultry (especially dark meat), seafood, 100% whole-wheat bread, eggs, beans, nuts
Iodine	Seafood

*Best choices do not have caffeine or sugar.

**Limit red meat; avoid bacon, cold cuts, and other processed meats.

***If you do not eat enough vitamin D–rich foods, or if you aren't regularly exposed to sunlight, talk to a doctor about the possible need to take a vitamin D supplement.

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).