

What They Do for Me

TABLE 24.1 Selected Vitamins and Minerals

What's the nutrient?	Where can I get it?	What does it do for me?
VITAMINS		
Vitamin A	Dark-green, yellow, and orange vegetables and fruits such as kale, spinach, broccoli, romaine lettuce, carrots, sweet potatoes, cantaloupe, apricots, papayas, mangoes	Helps with night vision, bone growth, and tissue maintenance.
Vitamin C	Oranges, grapefruit, tangerines, cantaloupe, mangoes, papaya, strawberries, broccoli, tomatoes, bell peppers, sweet potatoes	Keeps skin and tissues healthy.
Vitamin E	Almonds, sunflower seeds, sunflower oil, safflower oil, peanut butter, corn oil, soybean oil, canola oil, spinach, broccoli, dandelion greens, tomato sauce	Helps protect cells from damage (antioxidant).
MINERALS		
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	Helps keep bones and teeth strong.
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*	Helps the body maintain fluid balance, electrolyte balance, and acid-base balance. Also helps the nerves function and the muscles, especially the heart, work properly.
Iron	Chicken, fish and shellfish, eggs, lean red meat*, 100% whole-wheat bread, dark leafy greens, lima beans, kidney beans, lentils, tofu	Allows blood to carry oxygen to all parts of the body.

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

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).