Nutrients in your Diet

Vitamin B1 (Thiamin)
Type: Water soluble.
Role: Involved in carbohydrate metabolism; assists normal growth processes; helps regulate hunger; necessary for the nervous system and the digestive system to function properly.
Main dietary sources: Whole and enriched cereal products (bread, breakfast cereal, pasta); meat (pork); organ meats (liver, kidney); brewer's yeast.

Vitamin B2 (Riboflavin)
Type: Water soluble.
Role: Involved in fat and oxidative metabolism; helps maintain skin and eyes in good health; necessary for the nervous system to function properly.
Main dietary sources: Milk and dairy products; liver; meat; eggs; whole or enriched cereal products; leafy green vegetables.

Vitamin B3 (Niacin)
Type: Water soluble.
Role: Involved in oxidative metabolism; growth factor necessary for the nervous system and the digestive system to function properly.
Main dietary sources: Liver; meat (beef, chicken); milk; eggs; legumes (chick-peas); peanut butter; whole or enriched cereal products.

Pyridoxine (B6)
Type: Water soluble.
Role: Involved in carbohydrate, fat and amino acid metabolism (mostly the latter); plays a role in building various tissues.
Main dietary sources: Meat; fish; poultry; milk; whole-wheat cereals.

Vitamin B12
Type: Water soluble.
Role: Involved in the formation of red blood cells; helps to maintain nervous and gastro-intestinal tissues in good order.
Main dietary sources: Animal products (meat, liver, poultry, eggs, dairy products); enriched soy milk.

Folic acid
Type: Water soluble.
Role: Involved in the formation of red blood cells.
Main dietary sources: Organ meats; legumes; fruit; dark green, leafy vegetables; brewer's yeast.

Biotin
Type: Water soluble.
Role: Involved in energy producing reactions.
Main dietary sources: Liver, nuts, egg yolk, legumes, meat, vegetables, fruit.

Vitamin C
Type: Water soluble.
Role: Maintains teeth and gums in good health; helps healing process; increases resistance to infections; facilitates iron absorption and storage; involved in reactions necessary for the synthesis of some hormones; antioxidant.
Main dietary sources: Citrus fruit and juice (orange, lemon, grapefruit); broccoli; green pepper; cantaloup; kiwi fruit; strawberries; tomatoes...

Vitamin A
Type: Fat soluble.
Role: Facilitates vision in the dark; promotes growth of bones and teeth; helps to keep the skin and mucous tissues healthy.
Main dietary sources: liver; green and yellow vegetables (spinach, broccoli, squash); carrots; yellow fruits (cantaloup); egg yolk; dairy products (milk, cheese).

Vitamin D
Type: Fat soluble.
Role: Facilitates calcium and phosphorus absorption, two minerals which are necessary for growth and maintenance of bones and teeth.
Main dietary sources: Vitamin-D enriched milk and margarine; egg yolk; liver; fish (tuna; salmon).

Vitamin E
Type: Fat soluble.
Role: Fat soluble antioxidant which helps prevent oxidation of polyunsaturated fatty acids and other lipids, including Vitamin A; helps to keep cellular membranes healthy; involved in blood coagulation (clotting).
Main dietary sources: Oils (soy bean, wheat germ, corn); sunflower seeds; wheat germ;

whole-wheat bread and cereal; liver; margarine; eggs; green vegetables, nuts, sweet potatoes, avocado, mango.

Calcium
Role: Involved in the formation of teeth and bones; necessary for the nervous system to function properly; involved in normal blood coagulation (clotting); triggers the process of muscular contraction.
Main dietary sources: Milk and milk products; canned sardines and salmon with bone; broccoli; legumes; dried fruits.

Iron
Role: Involved in the formation of hemoglobin, a substance which plays a key role in oxygen transport through the blood.
Main dietary sources: Iron readily absorbed: liver, heart, kidney, meat, poultry, fish, oysters, clams; iron less readily absorbed: seeds, dark green leafy vegetables, whole or enriched grains, legumes (beans), blackstrap molasses, dried fruit.

Magnesium
Role: Involved in the formation of teeth and bones; involved in energy metabolism; involved in tissue development; plays a role in the process of muscular contraction.
Main dietary sources: Milk and yogurt; cereals; nuts; molasses; green leafy vegetables; cocoa; soybeans.

Sodium
Role: Contributes to the neuro-muscular excitation process; contributes to the transport and absorption of some nutrients; maintains osmotic pressure and promotes water retention.
Main dietary sources: Salt; marinade; broth; soy sauce; salty canned foods; deli foods; cheese.

Potassium
Role: Contributes to the neuro-muscular excitation process; maintains osmotic pressure.
Main dietary sources: Meat (pork); fruit and vegetables (especially potato, tomato, cantaloupe, banana, orange, grapefruit); milk; cereals; legumes.

Zinc
Role: Part of many enzymes involved in energy metabolism.
Main dietary sources: Oyster, meat; liver; whole grains; legumes; milk.