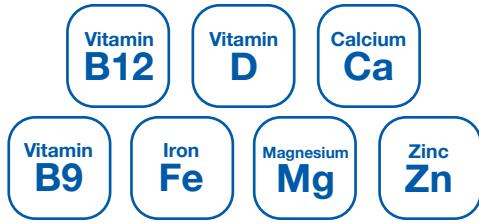


Vitamins & Minerals

Our bodies need a range of vitamins and minerals each day to function effectively. Here we cover seven of the most important nutrients for your diet.



Vitamin D

- ▶ Our bodies make vitamin D using energy from the sun. However, in Canada we need to get our vitamin D from food and supplements. This is because we do not get much sunshine in the winter and we use sunscreen in the summer, which prevents our skin from absorbing vitamin D.
- ▶ Works with calcium to help maintain healthy bones and teeth

COMMONLY FOUND IN

Protein Foods

milk · fortified yogurts
fortified soy & rice
beverages · salmon · tuna
sardines · mackerel
egg yolks



Folate Vitamin B9

- ▶ One of the B vitamins (vitamin B9)
- ▶ Helps to prevent anemia
- ▶ Keeps blood vessels and the heart healthy
- ▶ Reduces the risk of some birth defects such as spina bifida

★ **Note:** Folate is the form found in foods. Folic acid is the form found in supplements.

COMMONLY FOUND IN

Vegetables & Fruits

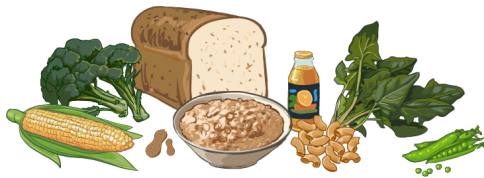
spinach · peas
broccoli · corn · banana
strawberries · orange juice

Whole Grain Products

whole grain pasta & breads

Protein Foods

peanut butter



Magnesium Mg

- ▶ Works with other minerals to keep your heart healthy by controlling blood pressure
- ▶ Helps the body break down carbohydrates, fat and other nutrients to produce energy

COMMONLY FOUND IN

Whole Grain Products

whole grains

Protein Foods

legumes (beans, peas,
lentils) · nuts & seeds · fish



Vitamin B12

- ▶ Works with folate, also known as vitamin B9, to make new cells
- ▶ Helps to make healthy blood cells
- ▶ Keeps nerves working properly

COMMONLY FOUND IN

Protein Foods

milk · yogurt · cheese
meat · fish · poultry · liver
eggs · fortified soy &
rice beverages



Calcium Ca

- ▶ Calcium is the main building block of our bones and teeth.
- ▶ If we do not get enough calcium in the diet, the body draws on calcium reserves in the bones, making them weaker.

COMMONLY FOUND IN

Protein Foods

milk (all types) · yogurt
cheese

Vegetables & Fruits

kale · broccoli
beans (white, navy)
Brussels sprouts



Iron Fe

- ▶ Important for brain development
- ▶ Helps form the hemoglobin in red blood cells that carries oxygen from the lungs around the body
- ▶ Available as heme iron (which is better used by the body) and non-heme iron
- ▶ Non-heme iron needs to be taken with vitamin C to allow the body absorb more of it.

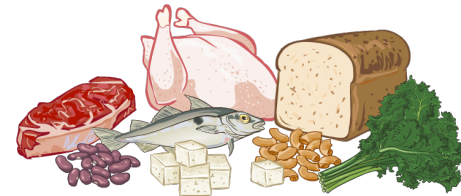
COMMONLY FOUND IN

Whole Grain Products

whole grain pasta &
breads · fortified cereals

Protein Foods

meat · fish · poultry · clams
oysters · beef liver · tofu
eggs · dried beans



Zinc Zn

- ▶ Strengthens your immune system
- ▶ Helps to heal wounds
- ▶ Helps in normal growth and development

COMMONLY FOUND IN

Protein Foods

seafood · meat
beans · lentils

