

VITAMINS & MINERALS

VITAMINS AND MINERALS ARE BOTH ESSENTIAL NUTRIENTS THAT TAKE PART IN A MYRIAD OF ROLES IN OUR BODIES. THE HUMAN BODY IS UNABLE TO PRODUCE ALL OF THE NUTRIENTS WE NEED TO FUNCTION PROPERLY, SO WE MUST CONSUME THEM IN OUR DIET. THEY HELP US TO METABOLIZE & PRODUCE ENERGY, BOOST THE IMMUNE SYSTEM, MAINTAIN NORMAL GROWTH & DEVELOPMENT, SUPPORT EYE & BONE HEALTH, AND MANY OTHERS.

What's the difference between a vitamin and a mineral?

Vitamins: Organic (contains carbon). Destroyed by heat & cooking. Release energy from food & promote healthy eyes, skin, & hair

Minerals: Inorganic cannot be destroyed by heat. Aid in bone & teeth formation & help with muscle contraction.

Vitamins can be fat soluble or water soluble. Those of the fat soluble variety include vitamins A, D, E, & K. These can only be absorbed when taken with fat, are able to be stored in the body, & can cause toxicity when taken in excess. Water soluble vitamins include all of the B vitamins & vitamin C. These dissolve easily in water, cannot be stored in the body (except B12), and when taken in excess are excreted in urine

Critical for energy production & a healthy metabolism.

VITAMIN B1 (THIAMIN)

Promotes normal development of the heart as well as neurological & neural development.

Food Sources: Green peas, asparagus, Brussels sprouts, pistachios, flaxseed.

VITAMIN B2 (RIBOFLAVIN)

Conversion of carbs, fat, & protein into energy. Essential for growth & bodily repair.

Food Sources: Almonds, milk, mushrooms, soybeans.

VITAMIN B3 (NIACIN)

Energy production and supports nervous & digestive system health.

Balances blood cholesterol, prevention & treatment of diabetes,

Food sources: Turkey, peanuts, tuna, mushrooms.

VITAMIN B5 (PANTOTHENIC ACID)

Aids in the metabolism of fats and carbs for energy. Red blood cell production.

Food Sources: Sunflower seeds, salmon, avocado, yogurt, corn.

VITAMIN B6

Critical for the production of nonessential amino acids. Maintains a healthy nervous system, maintains blood sugar levels, & is a mood booster.

Food Sources: Pinto beans, blackstrap molasses, turkey, beef, sesame seeds

VITAMIN B12

Maintains the nervous system, and is closely correlated with cognitive function. Helps with digestion and heart health. **Food Sources:** Meat, poultry, eggs, fish, fortified cereal, fortified soymilk.

FOLATE

Aids in DNA synthesis and maturation of red blood cells. **Food Sources:** Dark leafy greens, asparagus, broccoli, citrus, lentils, beans, avocados.

VITAMIN C

Involved in the production of strong teeth, bones, & skin, as well as many hormones. Antioxidant that decreases the risk of chronic disease & promotes a healthy immune system. Recharges enzymes. **Food Sources:** Bell peppers, broccoli, oranges, strawberries, pineapples.

VITAMIN A

Promotes good vision, immunity, embryonic development, & red blood cell health. May reduce cancer risk. **Food Sources:** Carrots, sweet potato, spinach, kale, cantaloupe.

VITAMIN D

Helps with calcium absorption, bone formation, & promotion of strong and healthy bones. **Food Sources:** Cod liver oil, salmon, tuna, sardines.

CALCIUM

Structural component of teeth & bones. Role in cell signaling, blood clotting, muscle contraction, & nerve function. **Food Sources:** Cooked kale, yogurt, bok choy, cheese, broccoli.

VITAMIN E

Powerful antioxidant that protects tissues from free radical damage. Anti-aging properties & immune system function. **Food Sources:** Almonds, spinach, olive oil, wheat germ, sweet potatoes.

MAGNESIUM

Maintains normal muscle and nerve function & supports a healthy immune system. Component of bones & supports a healthy immune system. Regulates blood glucose levels & aids in energy and protein production. **Food Sources:** Green leafy veggies, pumpkin seeds, dark chocolate, black beans.

POTASSIUM

Role in skeletal and smooth muscle contraction. Critical for digestion and muscular function & fluid balance. **Food Sources:** Avocado, acorn squash, white beans, spinach.

(Information Not approved by the FDA, the above is not intended to diagnose, treat or cure disease, Always Consult with Your Physician.)

Sugar Beet Food Co-op

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