

... FOR THE HEALTH AND WELL-BEING OF YOU AND YOUR FAMILY

VITAMINS AND MINERALS

VITAMINS

Vitamins are a group of organic substances (made by plants or animals), that are essential for normal cell function, growth, and development.

There are 13 essential vitamins, meaning they are needed for the body to function. They are grouped into two categories:

Fat Soluble Vitamins: *A, D, E, & K*

- Small amounts needed to maintain good health
- Stored in the body's liver and fatty tissue
- High doses can be toxic and lead to health problems

Water Soluble Vitamins:

B-complex group & Vitamin C

- Not stored in the body and must be replaced each day
- These vitamins are easily destroyed or weakened during food storage and preparation
- Citrus fruits are a good source of vitamin C

MINERALS

Minerals are substances that come from the earth (soil and water) and are absorbed by plants. Humans absorb minerals from the foods that we eat. These are important for optimum health. There are two kinds of minerals:

Macrominerals

- Includes calcium, phosphorus, magnesium, sodium, potassium, chloride, and sulfur
- Body requires large amounts

Trace Minerals

- Includes iron, manganese, copper, iodine, zinc, cobalt, fluoride, and selenium
- Body requires limited amounts

WHY ARE VITAMINS AND MINERALS IMPORTANT?

Vitamins and minerals have many functions that help the body carry out different processes. Vitamins and minerals assist the body in the following ways:

- ✓ Protects arteries
- ✓ Produces healthy skin
- ✓ Boosts your immune system
- ✓ Balances hormones
- ✓ Energy production
- ✓ Proper functioning of your brain and nervous system
- ✓ Slows down the ageing process
- ✓ Protects against certain cancers and heart disease

FACTS TO CONSIDER

- Vitamin and mineral supplements are considered dietary supplements, not drugs, so they **do not** have to be tested in order to prove their safety or effectiveness before they are put on the market.
They are considered safe until demonstrated by the Food and Drug Administration to be dangerous.
- The American Medical Association has stated that it is acceptable for a healthy adult to use a multi-vitamin/mineral supplement.
- The body cannot absorb more than 500 mg of calcium at a time. Therefore, if you want to supplement 1000 mg per day, take it in 2 doses of 500 mg each.
- Go to www.usda.gov for a list of recommended daily allowances for other vitamins and minerals.

WHO CAN BENEFIT FROM TAKING A VITAMIN OR MINERAL SUPPLEMENT?

It is best to get your vitamins and minerals from foods by following a healthy, well-balanced diet. That way, you will get the benefits of the vitamins and minerals in addition to the protective effects of other substances in the foods, such as fiber and phytochemicals.

However, in some situations, it may be difficult to get enough of a vitamin or mineral without a supplement. Talk with a registered dietitian or your doctor to determine your individual needs.

WHEN CHOOSING DIETARY SUPPLEMENTS, REMEMBER THE FOLLOWING:

- Check the expiration date. Supplements can go bad just like food and medicine.
- Look for USP (United States Pharmacopoeia) on the label. This means the supplement has been tested to ensure quality and dissolvability.

You can also check the dissolvability by placing 1 supplement in a small amount of vinegar. If the supplement does not dissolve within 20 minutes, it will not dissolve in your stomach and none of the vitamins or minerals will be absorbed for the body to use (it will be excreted in the stool).

- For better absorption take a supplement with food.
- Always consult your doctor regarding any supplements you are taking because they can interfere with prescription and over-the-counter medications.

VITAMIN AND MINERAL DAILY REQUIREMENTS

Vitamin/Mineral	Men 19 yrs–70 yrs	Women 19 yrs–70 yrs
Vitamin A	900 µg	700 µg
Vitamin C	90 mg	70 mg
Vitamin D	5 µg	10 µg
Vitamin K	120 µg	90 µg
Calcium	1,000 mg	1,000 mg
Magnesium	420 mg	320 mg
Potassium	4,700 mg	4,700 mg
Sodium	1,500 mg	1,500 mg

FOOD SOURCES

Vitamin	Type of Food	Amount in Foods
Vitamin A	Carrots	835 µg
	Sweet Potato	709 µg
	Spinach	469 µg
Vitamin C	Guava	180 mg
	Lemons	80 mg
	Orange Juice	50 mg
Vitamin D	Salmon	360 µg
	Tuna	235 µg
	Whole Egg	20 µg
Vitamin E	Almonds	6.8 mg
	Hazelnuts	4.3 mg
	Peanut Butter	2.9 mg
Vitamin K	Spinach	240 mg
	Lettuce	200 mg
	Cabbage	100 mg
Vitamin B6	Cold Cereal	2.00 mg
	Potato	0.70 mg
	Banana	0.68 mg
Vitamin B12	Salmon	4.8 µg
	Beef	1.4 µg
	Swiss Cheese	1.4 µg

Mineral	Type of Food	Amount in Foods
Calcium	Yogurt	415 mg
	Orange Juice	378 mg
	Mozzarella	333 mg
Chromium	Broccoli	11 µg
	Grape Juice	8 µg
	Eng. Muffin	4 µg
Sodium	Tomato Soup	700-1200mg
	Pretzels	290-560 mg
	Frozen Veg.	2-160 mg
Potassium	Sweet Potato	694 mg
	N/F Yogurt	579 mg
	Banana	422 mg
Magnesium	Halibut	90 mg
	Almonds	80 mg
	Cashews	75 mg

For more information visit www.WellnessCoachesUSA.com

Resources:

www.medicine.net
www.webmd.com
www.usda.gov
www.ada.org