

VITAMIN	WHAT IT DOES	WHERE TO GET IT
Vitamin A	Good for vision, bone growth, reproduction, cell division and cell differentiation.	Whole eggs, milk, liver, carrots, cantaloupes, sweet potatoes and spinach.
Vitamin C	Basic antioxidant.	Almost all fruits and vegetables, citrus fruits and juices.
Vitamin D	Helps bones by promoting calcium absorption.	Sun exposure. Also fortified milk, cod liver oil, salmon, mackerel, tuna, sardines.
Vitamin E	An antioxidant that may protect against cardiovascular disease and cancer.	Vegetable oils, almonds, peanut butter, green leafy vegetables.
Thiamin	Helps the body convert food — especially carbohydrates — into energy.	Fortified grains, breads, cereals, pork products, beans.
Riboflavin	Primarily helps the body convert food into energy.	Dairy products, whole grains and fortified breads and cereals, organ meats.
Niacin	Helps convert food — protein, carbs and fat — into energy.	Meat, fish and poultry. Whole grains and enriched breads and cereals.
Vitamin B6	Helps in protein metabolism, red blood cell metabolism, nervous and immune systems.	Fortified cereals, beans, bananas, meat, poultry, fish, oatmeal, spinach, tomato juice.
Folate (folic acid)	Helps make building blocks of cells. Important during infancy and pregnancy.	Leafy green vegetables like spinach and turnip greens, fruits, dried beans, peas.
Vitamin B12	Helps maintain healthy nerve cells and red blood cells. Needed to help make DNA.	Liver, beef, fortified breakfast cereals, salmon, trout, mollusks.
Pantothenic acid	Helps convert food — especially fatty acids — into energy.	Virtually all foods. Meat, fish and poultry; whole grains, enriched breads and cereals; egg yolks; broccoli and other vegetables.
Calcium	Good for the bones and teeth. Helps muscles, blood vessels, hormones, enzymes and nervous systems	Milk, yogurt, cheese. Chinese cabbage, kale, broccoli, fortified juices, tofu and cereals.
Iron	Helps oxygen transport, cell growth and differentiation.	Chicken liver, oysters, beef, clams, turkey, oatmeal, soybeans, lentils, beans.
Magnesium	Good for muscles, nerves, heart, immune system and bones.	Green vegetables, halibut, almonds, cashews, soybeans, spinach, cereal, oatmeal.
Zinc	Supports immune system, helps heal wounds, helps sense of taste and smell.	Oysters, red meat, poultry, beans, nuts, whole grains, fortified cereals.