

# ESSENTIAL VITAMINS & MINERALS

## SOURCES & FUNCTIONS



# EAT THE RAINBOW



# NUTRIENTS & MINERALS

NUTRIENTS			
<b>PROTEINS</b> Essential for muscle formation, cell regeneration, and hormone and enzyme production. They are also important for building strong bones and a healthy immune system. 	<b>CARBOHYDRATES</b> Provide a quick source of energy for the body and provide structural components for the formation of cells. 	<b>FATS</b> Essential for energy, insulation, and absorption of vitamins. They also provide structural components for cells, maintain fluidity of membranes, and are important for brain function. 	
MACROMINERALS			
<b>CALCIUM</b> Essential for strong bones and teeth, as well as for muscle function and nerve signaling. 	<b>PHOSPHORUS</b> Helps in energy production and bone health, and is also important for cell growth and repair. 	<b>POTASSIUM</b> Essential for fluid balance, nerve transmission, and muscle contraction. 	
<b>IODINE</b> Essential for thyroid function and metabolism, as well as for brain development in children. 	<b>MAGNESIUM</b> Involved in over 300 enzymatic reactions, including energy production and nerve signaling. 	<b>SULFUR</b> A component of all amino acids and proteins, and is also important for energy production and nerve signaling. 	
MICROMINERALS			
<b>IRON</b> Essential for hemoglobin production and oxygen transport, as well as for energy production. 	<b>ZINC</b> Essential for immune function, wound healing, and DNA synthesis. 	<b>IODINE</b> Essential for thyroid function and metabolism, as well as for brain development in children. 	<b>SELENIUM</b> Essential for antioxidant defense and thyroid function, as well as for DNA synthesis. 
<b>COPPER</b> Helps in iron absorption and energy production, and is also important for connective tissue formation. 	<b>MANGANESE</b> Involved in bone formation and metabolism, and is also important for antioxidant defense. 	<b>FLUORIDE</b> Essential for strong teeth and bone health. 	<b>CHROMIUM</b> Involved in glucose metabolism and insulin sensitivity. 

# HEALTHY FOOD VITAMIN CHART

VITAMIN	FUNCTIONS & DEFICIENCY RESULTS	FOOD SOURCES
<b>A</b>	Maintains healthy skin, vision, and immune system. Deficiency can lead to night blindness and skin issues. (Fat Soluble)	
<b>B<sub>1</sub></b>	Converts food into energy. Deficiency can cause beriberi, a condition that affects the nervous system and heart. (Water Soluble)	
<b>B<sub>2</sub></b>	Involved in energy production and cell growth. Deficiency can lead to skin rashes and neurological problems. (Water Soluble)	
<b>B</b>	(Water Soluble)	
<b>B<sub>6</sub></b>	Involved in protein metabolism and brain function. Deficiency can lead to depression and cognitive decline. (Water Soluble)	
<b>B<sub>12</sub></b>	Essential for nerve function and DNA synthesis. Deficiency can lead to anemia and neurological symptoms. (Water Soluble)	
<b>C</b>	Powerful antioxidant that supports immune health and collagen production. Deficiency can lead to scurvy. (Water Soluble)	
<b>D</b>	Supports bone health and immune function. Deficiency can lead to osteoporosis and weakened immunity. (Fat Soluble)	
<b>E</b>	Antioxidant that protects cells from damage. Deficiency can lead to nerve damage and muscle weakness. (Fat Soluble)	
<b>K</b>	Supports blood clotting and bone health. Deficiency can lead to bleeding disorders and osteoporosis. (Fat Soluble)	

# Vitamin Mineral Kitchen Chart

**Laurel Robertson**



## Vitamin Mineral Kitchen Chart:

**The American Vegetarian Cookbook from the Fit for Life Kitchen** Marilyn Diamond, 2009-12-19 Over 500 mouth watering recipes designed to keep you and your family satisfied and enthusiastic

**Audiovisual Guide to the Catalog of the Food and Nutrition Information and Educational Materials Center** Food and Nutrition Information Center (U.S.), 1977 Over 400 entries to audiovisual materials received by FNIC before 1977 Includes motion pictures slides flashcards videocassettes charts filmstrips records posters transparencies film loops phonodiscs audiotapes games audiocassettes kits puzzles and models Entry gives accession number bibliographical information FNIC call number descriptors and abstract Subject author title and media indexes Contains loan information

**Audiovisual Guide to the Catalog of the Food and Nutrition Information and Educational Materials Center**, 1977 Kitchen Nutrition Adeline Halfmann, 1997 "Kitchen Strategy", 1943 *Catalog* Committee on Consumer Relations in Advertising (New York, N.Y.), 1945 Seed and Garden Merchandising, 1943 **Kitchen Strategy** Leona Mayer Bayer, 1952 Farm Radio Briefs, 1942 **From Kai to Kiwi Kitchen** Helen M. Leach, 2010 This food history anthology spans early Polynesian cooking and colonial New Zealand cookery to the present day *East West Journal*, 1987 **Character Reading**, 1927

**Broadcast/cable Copywriting** Peter B. Orlik, 1990 *Computer Programs for the Kitchen* Terence F. Dicker, 1984 Discusses Writing Programs for Culinary Use Using the Micro for Planning Menus Choosing the Right Equipment Evaluating Wires Building a Culinary Data Base Offers Other Nutritional Information PCS., 1999-02 *Laurel's Kitchen* Laurel Robertson, 1978 **Stalking the Healthful Herbs** Euell Gibbons, 1989 Having written the enormously popular *Stalking the Wild Asparagus* and *Stalking the Blue Eyed Scallop* Euell Gibbons turned his attention to the wealth of herbs that grow wild throughout North America Combining the skills he learned as a boy with Indian lore and his years of patient experimentation he wrote this book that others might enjoy the benefits of our little known natural heritage

**Kitchen Library: Vegetarian** World Publications, Incorporated, 2003 This collection of recipes isn't just for vegetarians it's for anyone who enjoys delicious nutritious and exciting food Almost 200 recipes suitable for any taste or occasion will tempt your palate with satisfying tantalizing cuisine and handy charts and menu planners will help you make healthy choices From breakfast to dinner casual supper to elegant event Vegetarian Cooking is sure to become a kitchen classic

**Healthy Kitchen** Terry Taylor, 1995 **Broadcast Copywriting** Peter B. Orlik, 1986

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