# Vitamins (cont'd)

VITAMIN	WHAT IT DOES	WHERE IS IT FOUND	DAILY VALUE
Vitamin A	Growth and development     Immune function     Reproduction     Red blood cell formation     Skin and bone formation     Vision	Cantaloupe Carrots Dairy products Eggs Fortified cereals Green leafy vegetables (e.g., spinach and broccol) Pumpkin Red peppers Sweet potatoes	5,000 IU
Vitamin B <sub>s</sub>	Immune function     Nervous system function     Protein, carbohydrate, and fat metabolism     Red blood cell formation	Chickpeas Fruits (other than citrus) Potatoes Salmon Tuna	2 mg
Vitamin B <sub>12</sub>	Conversion of food into energy     Nervous system function     Red blood cell formation	Dairy products     Eggs     Fortified cereals     Meats     Poultry     Seafood (e.g., clams, trout, salmon, haddock, tuna)	6 mog
Vitamin C	Antioxidant     Collagen and connective tissue formation     Immune function     Wound healing	Broccoli Brussels sprouts Cantaloupe Citrus fruits and juices (e.g., oranges and grapefruit) Kwifruit Peppers Strawberries Tomatoes and tomato juice	60 mg
Vitamin D Nutrient of concern for most Americans	Blood pressure regulation Bone growth Calcium balance Hormone production Immune function Nervous system function	Eggs Fish (e.g., herring, mackerel, salmon, trout, and tuna) Fish liver oil Fortified cereals Fortified dairy products Fortified margarine Fortified orange juice Fortified soy beverages (soymilk)	400 IU
Vitamin E	Anticoidant     Formation of blood vessels     Immune function	Fortified cereals and juices     Green vegetables (e.g., spinach and broccoll)     Nuts and seeds     Peanuts and peanut butter     Vegetable oils	30 IU
Vitamin K	Blood clotting     Strong bones	<ul> <li>Green vegetables (e.g., broccoli, kale, spinach, turnip greens, collards, Swiss chard, mustard greens)</li> </ul>	80 mog

<sup>\*</sup> The Daily Values are the amounts of nutrients recommended per day for Americans 4 years of age or older.

## **Vitamin Information Guide**

**Terry C. Jones** 



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