

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 broccoli) • Pumpkin • Red peppers • Sweet potatoes	5,000 IU
Vitamin B₆	• 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 B₁₂	• 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 mcg
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) • Kiwifruit • Peppers • Strawberries • Tomatoes and tomato juice	60 mg
Vitamin D <i>Nutrient of concern for most Americans</i>	• 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	• Antioxidant • Formation of blood vessels • Immune function	• Fortified cereals and juices • Green vegetables (e.g., spinach and broccoli) • Nuts and seeds • Peanuts and peanut butter • Vegetable oils	30 IU
Vitamin K	• Blood clotting • Strong bones	• Green vegetables (e.g., broccoli, kale, spinach, turnip greens, collards, Swiss chard, mustard greens)	80 mcg

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

Vitamin Information Guide

**The American Dietetic Association
(ADA), Roberta Larson Duyff**



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healthy diet including discussions on organic diets and vitamins and minerals 4 Alternative Therapies A description of alternative therapies from reflexology to aromatherapy **Reader's Digest Guide to Drugs and Supplements** ,2004

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Table of Contents Vitamin Information Guide

1. Understanding the eBook Vitamin Information Guide
 - The Rise of Digital Reading Vitamin Information Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Vitamin Information Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Vitamin Information Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Vitamin Information Guide
 - Personalized Recommendations
 - Vitamin Information Guide User Reviews and Ratings
 - Vitamin Information Guide and Bestseller Lists
5. Accessing Vitamin Information Guide Free and Paid eBooks
 - Vitamin Information Guide Public Domain eBooks
 - Vitamin Information Guide eBook Subscription Services
 - Vitamin Information Guide Budget-Friendly Options

6. Navigating Vitamin Information Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Vitamin Information Guide Compatibility with Devices
 - Vitamin Information Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Vitamin Information Guide
 - Highlighting and Note-Taking Vitamin Information Guide
 - Interactive Elements Vitamin Information Guide
8. Staying Engaged with Vitamin Information Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Vitamin Information Guide
9. Balancing eBooks and Physical Books Vitamin Information Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Vitamin Information Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Vitamin Information Guide
 - Setting Reading Goals Vitamin Information Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Vitamin Information Guide
 - Fact-Checking eBook Content of Vitamin Information Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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