

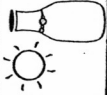














A WOMAN'S GUIDE TO VITAMINS & MINERALS

VITAMIN/MINERAL	SOURCES*	FUNCTION
 VITAMIN A	Orange and yellow fruits and vegetables, liver, egg yolks, fortified milk	Helps maintain normal vision, healthy skin, and proper function of the immune system
 BETA CAROTENE	Orange and yellow fruits and vegetables	Acts as an antioxidant and the body converts it to vitamin A; performs the same functions as vitamin A
 VITAMIN D	Fortified milk, sardines, sunlight	Prevents bone deformation; regulates use of calcium in mother and baby
 VITAMIN E	Whole grains, nuts, vegetable oils	Helps prevent anemia
 VITAMIN C	Citrus fruits, broccoli, green and red peppers, brussels sprouts, tomatoes, strawberries, cabbage, potatoes	Promotes healthy capillaries, gums and teeth; helps make collagen in connective tissue; helps wound healing
 FOLIC ACID	Green, leafy vegetables, enriched cereals and legumes	Helps prevent anemia and certain birth defects of the spine and brain; helps make DNA
 THIAMINE	Whole and enriched grains, beans, pork	Helps release energy from carbohydrates; maintains healthy brain and nerve cells and heart function
 RIBOFLAVIN	Milk; cheese; eggs; green, leafy vegetables; whole and enriched grains	Helps utilization of other B vitamins, carbohydrates, fats, and proteins
 NIACIN	Meats, poultry, fish, whole and enriched grains	Helps metabolism of carbohydrates and fats; helps functioning of nervous and digestive systems; maintains healthy skin
 VITAMIN B₆	Green, leafy vegetables; meats; poultry; fish	Helps prevent anemia and skin lesions; helps normal brain function; is essential for processing carbohydrates, lipids, and fats, and for making DNA
 VITAMIN B₁₂	Meats, fish, milk, eggs, yogurt	Helps prevent anemia; maintains the nervous system
 CALCIUM	Milk; cheese; yogurt; tofu; sardines; green, leafy vegetables	Promotes strong bones and teeth; helps blood clot; helps nerves and muscles respond
 COPPER	Water, shellfish, nuts, legumes	Helps body use iron; helps energy metabolism
 IRON	Meats; fish; poultry; legumes; green, leafy vegetables; whole and enriched grains	Helps prevent anemia by carrying oxygen in the blood; helps the immune system
 ZINC	Meats, whole grains, legumes, nuts	Necessary for many enzymes, normal growth, and sexual development; helps wound healing and synthesis of protein, DNA, and RNA

1200 mg per day