

What you Need to Know about Vitamins and Minerals

Vitamins

There are 13 essential vitamins that the human body needs to survive. Vitamin B1, B2, B3, B5, B6, B7, B9, B12, C, A, D, E, and K. The B group and vitamin C are all water soluble and our bodies expel what we don't use. Vitamins A, D, E, and K are all fat soluble and our bodies store the leftovers in our liver and fat tissues as reserves.

Minerals

Just as our bodies need vitamins to survive, we also need minerals. There are two types of minerals, macrominerals and trace minerals. We need larger amounts of macro minerals than trace.

Listed below are all the best foods containing all the essential vitamins as well as both macro and trace minerals in the food we eat daily.

Water Soluble Vitamins

B1: *ham, soymilk, watermelon, acorn squash*

B2: *milk, yogurt, cheese, whole and enriched grains, and cereals*

B3: *meat, poultry, fish, fortified whole grains, mushrooms, potatoes*

B5: *chicken, whole grains, broccoli, avocados, mushrooms*

B6: *meat, fish, poultry, legumes, tofu and other soy products, bananas*

B7: *whole grains, eggs, soybeans, fish*

B9: *fortified grains and cereals, asparagus, spinach, broccoli, legumes, orange juice*

B12: *meat, poultry, fish, milk, cheese, fortified soymilk, and cereals*

Vitamin C: *citrus fruits, potatoes, broccoli, bell peppers, spinach, strawberries, tomatoes, brussels sprouts*





Fat Soluble Vitamins

Vitamin A: *beef, liver, eggs, shrimp, fish, fortified milk, sweet potatoes, carrots, pumpkins, spinach, mangos*

Vitamin D: *fortified milk and cereals, fatty fish*

Vitamin E: *vegetable oils, leafy greens, whole grains, nuts*

Vitamin K: *kale, spinach, turnip greens, collards, parsley, romaine lettuce, green leaf lettuce*

Macrominerals

Calcium: *yogurt, cheese, milk, salmon, leafy greens*

Chloride: *salt*

Magnesium: *spinach, broccoli, legumes, seeds, whole wheat bread*

Potassium: *meat, milk, fruits, vegetables, grains, legumes*

Sodium: *salt, soy sauce, vegetables*

Phosphorus: *meat, seafood, dairy, sunflower and pumpkin seeds, nuts, whole grains, legumes, soy*

Trace Minerals

Chromium: *meat, poultry, fish, nuts, cheese*

Copper: *shellfish, nuts, seeds, whole grain products, beans, prunes*

Fluoride: *fish, teas*

Iodine: *red meats, poultry, eggs, fruits, green vegetables, fortified breads*

Iron: *iodized salt, seafood*

Manganese: *nuts, legumes, whole grains, tea*

Selenium: *organ meat, seafood, walnuts*

Zinc: *meat, shellfish, legumes, whole grain, mushrooms, cheese*

An RHN, Registered Holistic Nutritionist or an RD, Registered Dietician can assist you with specific dietary advice for your situation, goals, and medical issues. Contact personaltraining@curtishealth.com to set up an appointment.

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