



# Micronutrients

Vitamins, Minerals & Essential Nutrients (part 2)

## Preventive Medicine

### What Does It Do?

### Which Foods Have It

Phosphorus	Bone formation, Energy	Beans, Dairy, Nuts, Peas, Poultry, Seafood, Seeds, Whole Grains
Potassium	Reg. blood pressure, Heart	Bananas, Oranges, Prunes, Spinach, Sweet Potatoes, Tomatoes, Yogurt
Riboflavin	Converts food into energy	Eggs, Enriched Grains, Mushrooms, Spinach
Selenium	Immune function, Thyroid	Eggs, Enriched Pasta & Rice, Nuts, Poultry, Seafood, Whole Grains
Sodium	Transmit nerve impulses	Baking Soda, Celery, Kelp, Seafood, Table Salt
Sulfur	Protects cell damage	Brussel Sprout, Cabbage, Fish, Garlic, Horseradish, Onions, Red Peppers
Thiamin	Converts food into energy	Beans, Enriched Grains, Nuts, Peas, Sunflower Seeds
Vanadium	Lowers blood sugar levels	Black Pepper, Fish, Mushrooms, Parsley, Water
Vitamin A	Immune function, Vision	Cantaloupe, Carrots, Dairy, Green Leafy, Pumpkin
Vitamin B6	Immune function	Chick Peas, Fruit (no citrus), Potatoes, Salmon, Tuna
Vitamin B12	Converts food into energy	Dairy, Haddock, Poultry, Salmon, Tuna
Vitamin B15	Oxygenate heart, brain, organs	Brown Rice, Seeds: Pumpkin, Sesame, Sunflower
Vitamin C	Antioxidant, Immune function	Broccoli, Cabbage, Citrus Fruit, Bell Peppers, Strawberries, Tomatoes
Vitamin D	Regulates blood pressure	Egg Yolks, Fish Liver Oil, Fortified Milk, Mushrooms, Salmon, Sardines
Vitamin E	Antioxidant, Immune function	Almonds, Avocado, Broccoli, Kale, Peanuts, Peppers, Spinach, Walnuts
Vitamin K	Blood clotting, Strong bones	Egg Yolks, Cauliflower, Green Leafy Veggies, Soybeans
Zinc	Immune function, Metabolism	Dairy, Herring, Mushrooms, Pumpkin Seeds, Soybean, Wheat Germ