

NUTRIENT	BEST SOURCES	FUNCTIONS
Protein	Meat, fish, poultry, milk products	Builds & repairs body tissues; supplies energy
Fat	Meat, fish, poultry, milk products	Supplies essential fatty acids; carries fat-soluble vitamins A, D, E, K; supplies energy
Carbohydrate	Vegetables, fruits, breads/grains	Supplies energy; spares protein for purposes of body building and repair
Vitamin A Retinol, Carotene	Eggs, dark green & yellow vegetables & fruits, lowfat dairy products, liver	Growth & repair of body tissue; immune functions; night vision
Vitamin B-1 Thiamin	Wheat germ, pork, whole & enriched grains, dried beans, seafood	Carbohydrate metabolism; appetite maintenance; nerve function, growth & muscle tone
Vitamin B-2 Riboflavin	Lowfat milk products, green leafy vegetables, whole & enriched grains, beef, lamb, eggs	Carbohydrate, fat & protein metabolism needed for cell respiration; mucous membranes
Vitamin B-6 Pyridoxine	Fish, poultry, lean meat, whole grains, potatoes	Carbohydrate & protein metabolism; formation of antibodies, red blood cells; nerve function
Vitamin B-12 Cobalamin	Lean beef, fish poultry, eggs, lowfat & nonfat milk	Carbohydrate, fat & protein metabolisms; maintains nervous system, blood cell formation
Biotin	Egg yolk, meat, lowfat & nonfat milk, dark green vegetables; also made by microorganisms in intestinal tract	Carbohydrate, fat & protein metabolism; formation of fatty acids; utilization of B vitamins
Folic Acid	Green leafy vegetables, dried beans, poultry fortified cereals, oranges, nuts	Red blood cell formation; protein metabolism; growth & cell division

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Niacin	Poultry, fish, whole & enriched grains, dried beans & peas	Carbohydrate, fat & protein metabolism; health of digestive system; blood circulation; nerve function; appetite
Pantothenic Acid	Most plant & animal foods, especially lean meats, whole grains, legumes	Converts nutrients into energy; vitamin utilization; nerve function
Vitamin C Ascorbic Acid	Citrus fruits, tomatoes, melons, berries, green & red peppers, broccoli	Wound healing; strengthens blood vessels; collagen maintenance; resistance to infection; healthy gums
Vitamin D	Egg yolk, fatty fish, fortified milk; also made in skin exposed to sunlight	Calcium & phosphorus metabolism (bone & teeth formation)
Vitamin E Tocopherol	Vegetable oil, wheat germ, nuts, dark green vegetables, whole grains, beans	Protects cell membranes & red blood cells from oxidation; may be active in immune function
Vitamin K	Green leafy vegetables, cereal, egg yolk	Formation of blood clotting agents & bone
Calcium	Lowfat or nonfat milk products, calcium-fortified orange juice & bread, salmon with bones	Support of bones, teeth, muscle tissue; regulates heartbeat, muscle action, nerve function, blood clotting
Iron	Meat fish, poultry, organ meats, beans, whole & enriched grains, green leafy vegetables	Formation of hemoglobin in blood & myoglobin in muscle, which supply oxygen to cells
Magnesium	Nuts, green vegetables, whole grains, beans	Enzyme activation; nerve & muscle function; bone growth
Potassium	Vegetables, fruits(esp. bananas/watermelon), beans, bran cereal, lowfat milk products	Fluid balance; controls activity of heart muscle, nervous system