

Vitamins

VITAMIN	WHAT IT DOES	WHERE IT IS FOUND	DAILY VALUE*
Biotin	<ul style="list-style-type: none"> • Energy storage • Protein, carbohydrate, and fat metabolism 	<ul style="list-style-type: none"> • Avocados • Cauliflower • Eggs • Fruits (e.g., raspberries) • Liver • Pork • Salmon • Whole grains 	30 mcg
Choline	<ul style="list-style-type: none"> • Brain development • Cell signaling • Lipid (fat) transport and metabolism • Liver function • Muscle movement • Nerve function • Normal metabolism 	<ul style="list-style-type: none"> • Beans and peas • Egg yolks • Fish (e.g., cod and salmon) • Liver (e.g., beef and chicken) • Milk • Nuts • Salmon • Soy foods • Vegetables (e.g., broccoli, cauliflower, spinach) 	550 mg
Folate/Folic Acid	<ul style="list-style-type: none"> • Prevention of birth defects • Protein metabolism • Red blood cell formation 	<ul style="list-style-type: none"> • Asparagus • Avocados • Beans and peas • Enriched grain products (e.g., bread, cereal, pasta, rice) • Green leafy vegetables (e.g., spinach) • Oranges and orange juice 	400 mcg DFE**



Vitamins (cont'd)

VITAMIN	WHAT IT DOES	WHERE IT IS FOUND	DAILY VALUE*
Niacin	<ul style="list-style-type: none"> • Cholesterol production • Conversion of food into energy • Digestion • Nervous system function 	<ul style="list-style-type: none"> • Beans • Beef • Enriched grain products (e.g., bread, cereal, pasta, rice) • Nuts • Pork • Poultry • Seafood • Whole grains 	16 mg**
Pantothenic Acid	<ul style="list-style-type: none"> • Conversion of food into energy • Fat metabolism • Hormone production • Nervous system function • Red blood cell formation 	<ul style="list-style-type: none"> • Avocados • Beans and peas • Broccoli • Eggs • Milk • Mushrooms • Poultry • Seafood • Sweet potatoes • Whole grains • Yogurt 	5 mg
Riboflavin	<ul style="list-style-type: none"> • Conversion of food into energy • Growth and development • Red blood cell formation 	<ul style="list-style-type: none"> • Eggs • Enriched grain products (e.g., bread, cereal, pasta, rice) • Meat • Milk • Mushrooms • Poultry • Seafood (e.g., oysters) • Spinach 	1.3 mg



Vitamins (cont'd)

VITAMIN	WHAT IT DOES	WHERE IT IS FOUND	DAILY VALUE*
Thiamin	<ul style="list-style-type: none"> • Conversion of food into energy • Nervous system function 	<ul style="list-style-type: none"> • Beans and peas • Enriched grain products (e.g., bread, cereal, pasta, rice) • Nuts • Pork • Sunflower seeds • Whole grains 	1.2 mg
Vitamin A	<ul style="list-style-type: none"> • Growth and development • Immune function • Red blood cell formation • Reproduction • Skin and bone formation • Vision 	<ul style="list-style-type: none"> • Cantaloupe • Carrots • Dairy products • Eggs • Fortified cereals • Green leafy vegetables (e.g., spinach and broccoli) • Pumpkin • Red peppers • Sweet potatoes 	900 mcg**
Vitamin B₆	<ul style="list-style-type: none"> • Immune function • Nervous system function • Protein, carbohydrate, and fat metabolism • Red blood cell formation 	<ul style="list-style-type: none"> • Chickpeas • Fruits (other than citrus) • Potatoes • Salmon • Tuna 	1.7 mg
Vitamin B₁₂	<ul style="list-style-type: none"> • Conversion of food into energy • Nervous system function • Red blood cell formation 	<ul style="list-style-type: none"> • Dairy products • Eggs • Fortified cereals • Meat • Poultry • Seafood (e.g., clams, trout, salmon, haddock, tuna) 	2.4 mcg



Vitamins (cont'd)

VITAMIN	WHAT IT DOES	WHERE IT IS FOUND	DAILY VALUE*
Vitamin C	<ul style="list-style-type: none"> • Antioxidant • Collagen and connective tissue formation • Immune function • Wound healing 	<ul style="list-style-type: none"> • Fruit (e.g., cantaloupe, citrus fruits, kiwifruit, and strawberries) • Juices (e.g., oranges, grapefruit, and tomato) • Vegetables (e.g., broccoli, Brussels sprouts, peppers, and tomatoes) 	90 mg
Vitamin D <i>Nutrient to get more of</i>	<ul style="list-style-type: none"> • Blood pressure regulation • Bone growth • Calcium balance • Hormone production • Immune function • Nervous system function 	<ul style="list-style-type: none"> • Beef liver • Egg yolks • Fish (e.g., flounder, herring, salmon, trout, and tuna) • Fish oil and cod liver oil • Fortified dairy products • Fortified orange juice • Fortified soy beverages • Fortified ready-to-eat cereals • Mushrooms 	20 mcg**
Vitamin E	<ul style="list-style-type: none"> • Antioxidant • Formation of blood vessels • Immune function 	<ul style="list-style-type: none"> • Fortified cereals and juices • Green vegetables (e.g., spinach and broccoli) • Nuts and seeds • Peanuts and peanut butter • Vegetable oils 	15 mg**
Vitamin K	<ul style="list-style-type: none"> • Blood clotting • Strong bones 	<ul style="list-style-type: none"> • Green vegetables (e.g., broccoli, kale, spinach, turnip greens, collard greens, Swiss chard, mustard greens) 	120 mcg

* The Daily Values are reference amounts of nutrients to consume or not to exceed each day.

** Units of measurement have been updated. For more information, visit: <https://go.usa.gov/xVvT3>.



Minerals

MINERAL	WHAT IT DOES	WHERE IT IS FOUND	DAILY VALUE*
<p>Calcium</p> <p><i>Nutrient to get more of</i></p>	<ul style="list-style-type: none"> • Blood clotting • Bone and teeth formation • Constriction and relaxation of blood vessels • Hormone secretion • Muscle contraction • Nervous system function 	<ul style="list-style-type: none"> • Canned seafood with bones (e.g., salmon and sardines) • Dairy products • Fortified orange juice • Fortified soy beverages • Fortified ready-to-eat cereals • Green vegetables (e.g., kale, broccoli, and collard greens) • Tofu (made with calcium sulfate) 	1,300 mg
<p>Chloride</p>	<ul style="list-style-type: none"> • Acid-base balance • Conversion of food into energy • Digestion • Fluid balance • Nervous system function 	<ul style="list-style-type: none"> • Olives • Rye • Salt substitutes • Seaweeds (e.g., dulse and kelp) • Table salt and sea salt • Vegetables (e.g., celery, lettuce, and tomatoes) 	2,300 mg
<p>Chromium</p>	<ul style="list-style-type: none"> • Insulin function • Protein, carbohydrate, and fat metabolism 	<ul style="list-style-type: none"> • Broccoli • Fruits (e.g., apples and bananas) • Juices (e.g., grape and orange) • Meat • Spices (e.g., garlic and basil) • Turkey • Whole grains 	35 mcg
<p>Copper</p>	<ul style="list-style-type: none"> • Antioxidant • Bone formation • Collagen and connective tissue formation • Energy production • Iron metabolism • Nervous system function 	<ul style="list-style-type: none"> • Chocolate and cocoa • Crustaceans and shellfish • Lentils • Nuts and seeds • Organ meats (e.g., liver) • Whole grains 	0.9 mg



Minerals (cont'd)

MINERAL	WHAT IT DOES	WHERE IT IS FOUND	DAILY VALUE*
Iodine	<ul style="list-style-type: none"> • Growth and development • Metabolism • Reproduction • Thyroid hormone production 	<ul style="list-style-type: none"> • Breads and cereals • Dairy products • Iodized salt • Potatoes • Seafood • Seaweed • Turkey 	150 mcg
Iron <i>Nutrient to get more of</i>	<ul style="list-style-type: none"> • Energy production • Growth and development • Immune function • Red blood cell formation • Reproduction • Wound healing 	<ul style="list-style-type: none"> • Beans, peas, and lentils • Eggs • Fruits (e.g., raisins and cantaloupe) • Green vegetables (e.g., asparagus, beet greens, broccoli, spinach, and swiss chard) • Meat • Nuts • Organ meats (e.g., liver) • Poultry • Seafood (e.g., crab, clams, sardines, shrimp, and oysters) • Seeds • Soy products (e.g., tofu) • Whole grain, enriched, and fortified breads, cereals, pasta, and rice 	18 mg
Magnesium	<ul style="list-style-type: none"> • Blood pressure regulation • Blood sugar regulation • Bone formation • Energy production • Hormone secretion • Immune function • Muscle contraction • Nervous system function • Normal heart rhythm • Protein formation 	<ul style="list-style-type: none"> • Avocados • Beans and peas • Dairy products • Fruits (e.g., bananas and raisins) • Green leafy vegetables (e.g., spinach) • Nuts and pumpkin seeds • Potatoes • Whole grains 	420 mg



Minerals (cont'd)

MINERAL	WHAT IT DOES	WHERE IT IS FOUND	DAILY VALUE*
Manganese	<ul style="list-style-type: none"> • Carbohydrate, protein, and cholesterol metabolism • Cartilage and bone formation • Wound healing 	<ul style="list-style-type: none"> • Beans • Nuts • Pineapple • Spinach • Sweet potato • Whole grains 	2.3 mg
Molybdenum	<ul style="list-style-type: none"> • Enzyme production 	<ul style="list-style-type: none"> • Beans and peas • Nuts • Whole grains 	45 mcg
Phosphorus	<ul style="list-style-type: none"> • Acid-base balance • Bone formation • Energy production and storage • Hormone activation 	<ul style="list-style-type: none"> • Beans and peas • Dairy products • Meat • Nuts and seeds • Poultry • Seafood • Whole grain, enriched, and fortified cereals and breads 	1,250 mg
Potassium <i>Nutrient to get more of</i>	<ul style="list-style-type: none"> • Blood pressure regulation • Carbohydrate metabolism • Fluid balance • Growth and development • Heart function • Muscle contraction • Nervous system function • Protein formation 	<ul style="list-style-type: none"> • Beans • Dairy products (e.g., milk and yogurt) • Fruits (e.g., apricots, bananas, kiwifruit, cantaloupe, and grapefruit) • Juices (e.g., carrot and other vegetables juices, orange, pomegranate, and prune) • Seafood (e.g., clams, pollock, and trout) • Tomato products • Vegetables (e.g., potatoes, sweet potatoes, beet greens, and spinach) 	4,700 mg



Minerals (cont'd)

MINERAL	WHAT IT DOES	WHERE IT IS FOUND	DAILY VALUE*
Selenium	<ul style="list-style-type: none"> • Antioxidant • Immune function • Reproduction • Thyroid function 	<ul style="list-style-type: none"> • Eggs • Enriched pasta and rice • Meat • Nuts (e.g., Brazil nuts) and seeds • Poultry • Seafood • Whole grains 	55 mcg
Sodium <i>Nutrient to get less of</i>	<ul style="list-style-type: none"> • Acid-base balance • Blood pressure regulation • Fluid balance • Muscle contraction • Nervous system function 	<ul style="list-style-type: none"> • Deli meat sandwiches • Pizza • Burritos and tacos • Soups • Savory snacks (e.g., chips, crackers, popcorn) • Poultry • Pasta mixed dishes • Burgers • Egg dishes and omelets 	2,300 mg
Zinc	<ul style="list-style-type: none"> • Growth and development • Immune function • Nervous system function • Protein formation • Reproduction • Taste and smell • Wound healing 	<ul style="list-style-type: none"> • Beans and peas • Beef • Dairy products • Fortified cereals • Nuts • Poultry • Shellfish • Whole grains 	11 mg

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