# Vitamins

<table>
<thead>
<tr>
<th>VITAMIN</th>
<th>WHAT IT DOES</th>
<th>WHERE IT IS FOUND</th>
<th>DAILY VALUE*</th>
</tr>
</thead>
</table>
| **Biotin**          | • Energy storage  
                        • Protein, carbohydrate, and fat metabolism | • Avocados  
                        • Cauliflower  
                        • Eggs  
                        • Fruits (e.g., raspberries)  
                        • Liver  
                        • Pork  
                        • Salmon  
                        • Whole grains | 30 mcg |
| **Choline**         | • Brain development  
                        • Cell signaling  
                        • Lipid (fat) transport and metabolism  
                        • Liver function  
                        • Muscle movement  
                        • Nerve function  
                        • Normal metabolism | • 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** | • Prevention of birth defects  
                        • Protein metabolism  
                        • Red blood cell formation | • 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** |
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| **Niacin**      | • Cholesterol production  
• Conversion of food into energy  
• Digestion  
• Nervous system function | • Beans  
• Beef  
• Enriched grain products (e.g., bread, cereal, pasta, rice)  
• Nuts  
• Pork  
• Poultry  
• Seafood  
• Whole grains | 16 mg** |
| **Pantothenic Acid** | • Conversion of food into energy  
• Fat metabolism  
• Hormone production  
• Nervous system function  
• Red blood cell formation | • Avocados  
• Beans and peas  
• Broccoli  
• Eggs  
• Milk  
• Mushrooms  
• Poultry  
• Seafood  
• Sweet potatoes  
• Whole grains  
• Yogurt | 5 mg |
| **Riboflavin**  | • Conversion of food into energy  
• Growth and development  
• Red blood cell formation | • 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)

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<tbody>
<tr>
<td>Thiamin</td>
<td>• Conversion of food into energy</td>
<td>• Beans and peas</td>
<td>1.2 mg</td>
</tr>
<tr>
<td></td>
<td>• Nervous system function</td>
<td>• Enriched grain products (e.g., bread, cereal, pasta, rice)</td>
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<td></td>
<td></td>
<td>• Nuts</td>
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<td></td>
<td></td>
<td>• Pork</td>
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<tr>
<td></td>
<td></td>
<td>• Sunflower seeds</td>
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<td></td>
<td></td>
<td>• Whole grains</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>• Growth and development</td>
<td>• Cantaloupe</td>
<td>900 mcg**</td>
</tr>
<tr>
<td></td>
<td>• Immune function</td>
<td>• Carrots</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Red blood cell formation</td>
<td>• Dairy products</td>
<td></td>
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<tr>
<td></td>
<td>• Reproduction</td>
<td>• Eggs</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Skin and bone formation</td>
<td>• Fortified cereals</td>
<td></td>
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<tr>
<td></td>
<td>• Vision</td>
<td>• Green leafy vegetables (e.g., spinach and broccoli)</td>
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<tr>
<td></td>
<td></td>
<td>• Pumpkin</td>
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<td></td>
<td></td>
<td>• Red peppers</td>
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<td></td>
<td></td>
<td>• Sweet potatoes</td>
<td></td>
</tr>
<tr>
<td>Vitamin B₆</td>
<td>• Immune function</td>
<td>• Chickpeas</td>
<td>1.7 mg</td>
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<tr>
<td></td>
<td>• Nervous system function</td>
<td>• Fruits (other than citrus)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Protein, carbohydrate, and fat metabolism</td>
<td>• Potatoes</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Red blood cell formation</td>
<td>• Salmon</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>• Tuna</td>
<td></td>
</tr>
<tr>
<td>Vitamin B₁₂</td>
<td>• Conversion of food into energy</td>
<td>• Dairy products</td>
<td>2.4 mcg</td>
</tr>
<tr>
<td></td>
<td>• Nervous system function</td>
<td>• Eggs</td>
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<tr>
<td></td>
<td>• Red blood cell formation</td>
<td>• Fortified cereals</td>
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<td></td>
<td></td>
<td>• Meat</td>
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<td></td>
<td></td>
<td>• Poultry</td>
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<tr>
<td></td>
<td></td>
<td>• Seafood (e.g., clams, trout, salmon, haddock, tuna)</td>
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<tr>
<td>VITAMIN</td>
<td>WHAT IT DOES</td>
<td>WHERE IT IS FOUND</td>
<td>DAILY VALUE*</td>
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</tbody>
</table>
| **Vitamin C** | • Antioxidant  
• Collagen and connective tissue formation  
• Immune function  
• Wound healing | • 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** | * Nutrient to get more of *  
• Blood pressure regulation  
• Bone growth  
• Calcium balance  
• Hormone production  
• Immune function  
• Nervous system function | • Eggs  
• Fish (e.g., herring, mackerel, salmon, trout, and tuna)  
• Fish oil and cod liver oil  
• Fortified dairy products  
• Fortified margarine  
• Fortified orange juice  
• Fortified plant-based beverages (e.g., soy, rice, and almond)  
• Fortified ready-to-eat cereals  
• Mushrooms  
• Pork | 20 mcg** |
| **Vitamin E** | • Antioxidant  
• Formation of blood vessels  
• Immune function | • Fortified cereals and juices  
• Green vegetables (e.g., spinach and broccoli)  
• Nuts and seeds  
• Peanuts and peanut butter  
• Vegetable oils | 15 mg** |
| **Vitamin K** | • Blood clotting  
• Strong bones | • 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

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</table>
| **Calcium** | • Blood clotting  
• Bone and teeth formation  
• Constriction and relaxation of blood vessels  
• Hormone secretion  
• Muscle contraction  
• Nervous system function | • Canned seafood with bones (e.g., salmon and sardines)  
• Dairy products  
• Fortified orange juice  
• Fortified plant-based beverages (e.g., soy, rice, and almond)  
• Fortified ready-to-eat cereals  
• Green vegetables (e.g., kale, broccoli, and collard greens)  
• Tofu (made with calcium sulfate) | 1,300 mg |
| **Chloride** | • Acid-base balance  
• Conversion of food into energy  
• Digestion  
• Fluid balance  
• Nervous system function | • 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 |
| **Chromium** | • Insulin function  
• Protein, carbohydrate, and fat metabolism | • 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 |
| **Copper**  | • Antioxidant  
• Bone formation  
• Collagen and connective tissue formation  
• Energy production  
• Iron metabolism  
• Nervous system function | • Chocolate and cocoa  
• Crustaceans and shellfish  
• Lentils  
• Nuts and seeds  
• Organ meats (e.g., liver)  
• Whole grains | 0.9 mg |
## Minerals (cont’d)

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| Iodine  | - Growth and development  
          - Metabolism  
          - Reproduction  
          - Thyroid hormone production | - Breads and cereals  
                                 - Dairy products  
                                 - Iodized salt  
                                 - Potatoes  
                                 - Seafood  
                                 - Seaweed  
                                 - Turkey | 150 mcg |
| Iron    | - Energy production  
          - Growth and development  
          - Immune function  
          - Red blood cell formation  
          - Reproduction  
          - Wound healing | - Beans  
                                 - Eggs  
                                 - Fruits (e.g., raisins and prunes)  
                                 - Green vegetables (e.g., spinach, kale, broccoli, and collard greens)  
                                 - Meat  
                                 - Nuts  
                                 - Organ meats (e.g., liver)  
                                 - Peas  
                                 - Poultry  
                                 - Seafood (e.g., tuna, sardines, haddock, shrimp, and oysters)  
                                 - Seeds  
                                 - Soy products (e.g., tofu)  
                                 - Whole grain, enriched, and fortified breads, cereals, pasta, and rice | 18 mg |
| Magnesium | - Blood pressure regulation  
                 - Blood sugar regulation  
                 - Bone formation  
                 - Energy production  
                 - Hormone secretion  
                 - Immune function  
                 - Muscle contraction  
                 - Nervous system function  
                 - Normal heart rhythm  
                 - Protein formation | - 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 |
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<tbody>
<tr>
<td>Manganese</td>
<td>• Carbohydrate, protein, and cholesterol metabolism</td>
<td>• Beans</td>
<td>2.3 mg</td>
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<tr>
<td></td>
<td>• Cartilage and bone formation</td>
<td>• Nuts</td>
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<tr>
<td></td>
<td>• Wound healing</td>
<td>• Pineapple</td>
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<td></td>
<td></td>
<td>• Spinach</td>
<td></td>
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<td></td>
<td></td>
<td>• Sweet potato</td>
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<td></td>
<td></td>
<td>• Whole grains</td>
<td></td>
</tr>
<tr>
<td>Molybdenum</td>
<td>• Enzyme production</td>
<td>• Beans and peas</td>
<td>45 mcg</td>
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<td></td>
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<td>• Nuts</td>
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<td></td>
<td></td>
<td>• Whole grains</td>
<td></td>
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<tr>
<td>Phosphorus</td>
<td>• Acid-base balance</td>
<td>• Beans and peas</td>
<td>1,250 mg</td>
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<tr>
<td></td>
<td>• Bone formation</td>
<td>• Dairy products</td>
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<tr>
<td></td>
<td>• Energy production and storage</td>
<td>• Meat</td>
<td></td>
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<tr>
<td></td>
<td>• Hormone activation</td>
<td>• Nuts and seeds</td>
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<td>• Poultry</td>
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<td></td>
<td></td>
<td>• Seafood</td>
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<tr>
<td></td>
<td></td>
<td>• Whole grain, enriched, and fortified cereals and breads</td>
<td></td>
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<tr>
<td>Potassium</td>
<td>• Blood pressure regulation</td>
<td>• Beans</td>
<td>4,700 mg</td>
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<tr>
<td><strong>Nutrient to get more of</strong></td>
<td></td>
<td>• Dairy products (e.g., milk and yogurt)</td>
<td></td>
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<tr>
<td></td>
<td>• Carbohydrate metabolism</td>
<td>• Fruits (e.g., bananas, dried apricots, and stewed prunes)</td>
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<tr>
<td></td>
<td>• Fluid balance</td>
<td>• Juices (e.g., carrot and other vegetable juices, orange, pomegranate, and prune)</td>
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<tr>
<td></td>
<td>• Growth and development</td>
<td>• Seafood (e.g., clams and salmon)</td>
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<tr>
<td></td>
<td>• Heart function</td>
<td>• Tomato products</td>
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<td></td>
<td>• Muscle contraction</td>
<td>• Vegetables (e.g., potatoes, sweet potatoes, beet greens, and spinach)</td>
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<td></td>
<td>• Nervous system function</td>
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<tr>
<td></td>
<td>• Protein formation</td>
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| Selenium | • Antioxidant  
• Immune function  
• Reproduction  
• Thyroid function | • Eggs  
• Enriched pasta and rice  
• Meat  
• Nuts (e.g., Brazil nuts) and seeds  
• Poultry  
• Seafood  
• Whole grains | 55 mcg |
| Sodium | • Acid-base balance  
• Blood pressure regulation  
• Fluid balance  
• Muscle contraction  
• Nervous system function | • Breads and rolls  
• Burritos and tacos  
• Cheese  
• Chicken  
• Cold cuts and cured meats  
• Egg dishes and omelets  
• Pizza  
• Sandwiches (e.g., hamburgers, hot dogs, and submarine sandwiches)  
• Snack foods (e.g., chips, crackers, microwave popcorn, and pretzels)  
• Soups | 2,300 mg |
| Zinc | • Growth and development  
• Immune function  
• Nervous system function  
• Protein formation  
• Reproduction  
• Taste and smell  
• Wound healing | • Beans and peas  
• Beef  
• Dairy products  
• Fortified cereals  
• Nuts  
• Poultry  
• Shellfish  
• Whole grains | 11 mg |

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