## Vitamins

<table>
<thead>
<tr>
<th>VITAMIN</th>
<th>WHAT IT DOES</th>
<th>WHERE IT IS FOUND</th>
<th>DAILY VALUE*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Biotin</strong></td>
<td>• Energy storage • Protein, carbohydrate, and fat metabolism</td>
<td>• Avocados • Cauliflower • Eggs • Fruits (e.g., raspberries) • Liver • Pork • Salmon • Whole grains</td>
<td>30 mcg</td>
</tr>
<tr>
<td><strong>Choline</strong></td>
<td>• Brain development • Cell signaling • Lipid (fat) transport and metabolism • Liver function • Muscle movement • Nerve function • Normal metabolism</td>
<td>• 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)</td>
<td>550 mg</td>
</tr>
<tr>
<td><strong>Folate/Folic Acid</strong></td>
<td>• Prevention of birth defects • Protein metabolism • Red blood cell formation</td>
<td>• Asparagus • Avocados • Beans and peas • Enriched grain products (e.g., bread, cereal, pasta, rice) • Green leafy vegetables (e.g., spinach) • Oranges and orange juice</td>
<td>400 mcg DFE**</td>
</tr>
</tbody>
</table>
## Vitamins (cont’d)

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<tbody>
<tr>
<td>Niacin</td>
<td>• Cholesterol production</td>
<td>• Beans</td>
<td>16 mg**</td>
</tr>
<tr>
<td></td>
<td>• Conversion of food into energy</td>
<td>• Beef</td>
<td></td>
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<tr>
<td></td>
<td>• Digestion</td>
<td>• Enriched grain products (e.g., bread, cereal, pasta, rice)</td>
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<tr>
<td></td>
<td>• Nervous system function</td>
<td>• Nuts</td>
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<td></td>
<td></td>
<td>• Pork</td>
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<td></td>
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<td>• Poultry</td>
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<td></td>
<td></td>
<td>• Seafood</td>
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<td></td>
<td></td>
<td>• Whole grains</td>
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</tr>
<tr>
<td>Pantothenic</td>
<td>• Conversion of food into energy</td>
<td>• Avocados</td>
<td>5 mg</td>
</tr>
<tr>
<td>Acid</td>
<td>• Fat metabolism</td>
<td>• Beans and peas</td>
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<tr>
<td></td>
<td>• Hormone production</td>
<td>• Broccoli</td>
<td></td>
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<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>• Milk</td>
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<td></td>
<td></td>
<td>• Mushrooms</td>
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<td>• Poultry</td>
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<td>• Seafood</td>
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<td></td>
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<td>• Sweet potatoes</td>
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<td></td>
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<td>• Whole grains</td>
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<tr>
<td></td>
<td></td>
<td>• Yogurt</td>
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</tr>
<tr>
<td>Riboflavin</td>
<td>• Conversion of food into energy</td>
<td>• Eggs</td>
<td>1.3 mg</td>
</tr>
<tr>
<td></td>
<td>• Growth and development</td>
<td>• Enriched grain products (e.g., bread, cereal, pasta, rice)</td>
<td></td>
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<tr>
<td></td>
<td>• Red blood cell formation</td>
<td>• Meat</td>
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<td></td>
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<td>• Milk</td>
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<td>• Mushrooms</td>
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<td>• Poultry</td>
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<td></td>
<td></td>
<td>• Seafood (e.g., oysters)</td>
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<td></td>
<td></td>
<td>• Spinach</td>
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</tbody>
</table>
### Vitamins (cont’d)

<table>
<thead>
<tr>
<th>VITAMIN</th>
<th>WHAT IT DOES</th>
<th>WHERE IT IS FOUND</th>
<th>DAILY VALUE*</th>
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</table>
| Thiamin | • Conversion of food into energy  
           • Nervous system function | • Beans and peas  
                              • Enriched grain products (e.g., bread, cereal, pasta, rice)  
                              • Nuts  
                              • Pork  
                              • Sunflower seeds  
                              • Whole grains | 1.2 mg |
| Vitamin A | • Growth and development  
             • Immune function  
             • Red blood cell formation  
             • Reproduction  
             • Skin and bone formation  
             • Vision | • Cantaloupe  
                      • Carrots  
                      • Dairy products  
                      • Eggs  
                      • Fortified cereals  
                      • Green leafy vegetables (e.g., spinach and broccoli)  
                      • Pumpkin  
                      • Red peppers  
                      • Sweet potatoes | 900 mcg** |
| Vitamin B₆ | • Immune function  
             • Nervous system function  
             • Protein, carbohydrate, and fat metabolism  
             • Red blood cell formation | • Chickpeas  
                             • Fruits (other than citrus)  
                             • Potatoes  
                             • Salmon  
                             • Tuna | 1.7 mg |
| Vitamin B₁₂ | • Conversion of food into energy  
                  • Nervous system function  
                  • Red blood cell formation | • Dairy products  
                             • Eggs  
                             • Fortified cereals  
                             • Meat  
                             • Poultry  
                             • Seafood (e.g., clams, trout, salmon, haddock, tuna) | 2.4 mcg |
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</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 | • 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** | • 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](https://go.usa.gov/xVvT3).
## Minerals

<table>
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<tr>
<th>MINERAL</th>
<th>WHAT IT DOES</th>
<th>WHERE IT IS FOUND</th>
<th>DAILY VALUE*</th>
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<tbody>
<tr>
<td><strong>Calcium</strong></td>
<td>• Blood clotting&lt;br&gt;• Bone and teeth formation&lt;br&gt;• Constriction and relaxation of blood vessels&lt;br&gt;• Hormone secretion&lt;br&gt;• Muscle contraction&lt;br&gt;• Nervous system function</td>
<td>• Canned seafood with bones (e.g., salmon and sardines)&lt;br&gt;• Dairy products&lt;br&gt;• Fortified orange juice&lt;br&gt;• Fortified soy beverages&lt;br&gt;• Fortified ready-to-eat cereals&lt;br&gt;• Green vegetables (e.g., kale, broccoli, and collard greens)&lt;br&gt;• Tofu (made with calcium sulfate)</td>
<td>1,300 mg</td>
</tr>
<tr>
<td><strong>Chloride</strong></td>
<td>• Acid-base balance&lt;br&gt;• Conversion of food into energy&lt;br&gt;• Digestion&lt;br&gt;• Fluid balance&lt;br&gt;• Nervous system function</td>
<td>• Olives&lt;br&gt;• Rye&lt;br&gt;• Salt substitutes&lt;br&gt;• Seaweeds (e.g., dulse and kelp)&lt;br&gt;• Table salt and sea salt&lt;br&gt;• Vegetables (e.g., celery, lettuce, and tomatoes)</td>
<td>2,300 mg</td>
</tr>
<tr>
<td><strong>Chromium</strong></td>
<td>• Insulin function&lt;br&gt;• Protein, carbohydrate, and fat metabolism</td>
<td>• Broccoli&lt;br&gt;• Fruits (e.g., apples and bananas)&lt;br&gt;• Juices (e.g., grape and orange)&lt;br&gt;• Meat&lt;br&gt;• Spices (e.g., garlic and basil)&lt;br&gt;• Turkey&lt;br&gt;• Whole grains</td>
<td>35 mcg</td>
</tr>
<tr>
<td><strong>Copper</strong></td>
<td>• Antioxidant&lt;br&gt;• Bone formation&lt;br&gt;• Collagen and connective tissue formation&lt;br&gt;• Energy production&lt;br&gt;• Iron metabolism&lt;br&gt;• Nervous system function</td>
<td>• Chocolate and cocoa&lt;br&gt;• Crustaceans and shellfish&lt;br&gt;• Lentils&lt;br&gt;• Nuts and seeds&lt;br&gt;• Organ meats (e.g., liver)&lt;br&gt;• Whole grains</td>
<td>0.9 mg</td>
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</tbody>
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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** | **Nutrient to get more of**  
• Energy production  
• Growth and development  
• Immune function  
• Red blood cell formation  
• Reproduction  
• Wound healing | • 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** | • 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><strong>Manganese</strong></td>
<td>• Carbohydrate, protein, and cholesterol metabolism</td>
<td>• Beans</td>
<td>2.3 mg</td>
</tr>
<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>• Spinach</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><strong>Molybdenum</strong></td>
<td>• Enzyme production</td>
<td>• Beans and peas</td>
<td>45 mcg</td>
</tr>
<tr>
<td><strong>Phosphorus</strong></td>
<td>• Acid-base balance</td>
<td>• Nuts</td>
<td>1,250 mg</td>
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<tr>
<td></td>
<td>• Bone formation</td>
<td>• Whole grains</td>
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</tr>
<tr>
<td></td>
<td>• Energy production and storage</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>• Hormone activation</td>
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<tr>
<td><strong>Potassium</strong></td>
<td>• Blood pressure regulation</td>
<td>• Beans</td>
<td>4,700 mg</td>
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<tr>
<td></td>
<td>• Carbohydrate metabolism</td>
<td>• Dairy products</td>
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<td></td>
<td>• Fluid balance</td>
<td>• Meat</td>
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<tr>
<td></td>
<td>• Growth and development</td>
<td>• Nuts and seeds</td>
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<tr>
<td></td>
<td>• Heart function</td>
<td>• Poultry</td>
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<td></td>
<td>• Muscle contraction</td>
<td>• Seafood</td>
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<td></td>
<td>• Nervous system function</td>
<td>• Whole grain, enriched, and fortified cereals and breads</td>
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<td></td>
<td>• Protein formation</td>
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</tbody>
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*Minerals (cont’d)

**Potassium**

- Nutrient to get more of
  - Blood pressure regulation
  - Carbohydrate metabolism
  - Fluid balance
  - Growth and development
  - Heart function
  - Muscle contraction
  - Nervous system function
  - Protein formation

- 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)
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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 | • 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 | • 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.