

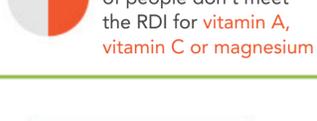
Essential Guide for Your Body: Vitamins & Minerals

Your diet might be in great shape as far as fat and calories, but are you getting enough of the daily recommended vitamins and minerals needed to stay healthy? The experts at NorthShore University HealthSystem break down some important vitamins and minerals and help you find delicious ways to combat vitamin deficiency in your diet.



Reach Your RDI (Recommended Daily Intake)

Nearly the entire U.S. population is at risk for vitamin and mineral deficiency. A healthy, varied diet is a great way to meet your dietary needs.



vitamin A
RDI~700 mcg

SOURCES:

- 1 large sweet potato 1,730 mcg
- 1 cup carrots 1,340 mcg
- 1 cup grapefruit 640 mcg

CAN HELP IMPROVE:

- Vision
- Immune system function
- Cell reproduction
- Bone health
- During pregnancy: Embryonic development

Vitamin A is important for the health of the **HEART, LUNGS, KIDNEYS** and other organs in your body.

vitamin B9 (folic acid / folate)
RDI~400 mcg

SOURCES:

- 1 cup black eyed peas 356 mcg
- 1 cup mango 71 mcg
- 1 cup cooked spinach 60 mcg

CAN HELP IMPROVE:

- Formation of red blood cells
- Brain function
- Spinal health
- Digestion
- Immune system function
- Mental health

Folic acid has been proven to reduce the risk of **NEURAL TUBE BIRTH DEFECTS** during pregnancy by **50-70%**.

vitamin B12
RDI~2.4 mcg

SOURCES:

- 3 oz. salmon 3 mcg
- 2 large eggs 1.3 mcg
- 4 oz. beef 1.2 mcg

CAN HELP IMPROVE:

- Metabolism of fatty & amino acids
- Formation of red blood cells
- Central nervous system function
- During pregnancy: DNA production & cell division

Vitamin B12 may help reduce the risk of **ALZHEIMER'S DISEASE** by helping to protect nerve cells.

vitamin C
RDI~75 mg

SOURCES:

- 1 large yellow bell pepper 341 mg
- 1 cup kiwi 81 mg
- 1 cup mango 45 mg

CAN HELP IMPROVE:

- Immune system function
- Heart disease
- Body tissue damage
- Development of collagen
- Growth & development

Studies have shown that vitamin C can help prevent the two leading causes of mortality in America: **CARDIOVASCULAR DISEASE AND CANCER**.

vitamin D
RDI~5 mcg

SOURCES:

- 1 cup raw mushrooms 2.7 mcg
- 8 oz. Swiss cheese 0.15 mcg
- 8 oz. cheddar cheese 0.7 mcg

CAN HELP IMPROVE:

- Bone & teeth health
- Body tissue damage
- Brain & body communication

Vitamin D is also known as the **SUNSHINE VITAMIN**. Spending **10 TO 15 MINUTES THREE TIMES A WEEK** in the sun can help you reach the RDI of vitamin D.

vitamin E
RDI~23 mg

SOURCES:

- 1 cup raw spinach 6 mg
- 1 avocado 4.15 mg
- 1 cup mango 1.8 mg

CAN HELP IMPROVE:

- Formation of red blood cells
- Calcium & phosphorus levels
- Combat cell damage

Vitamin E is helpful in minimizing the appearance of **WRINKLES, MINOR WOUNDS AND SCARS**.

calcium
RDI~1,000 mg

SOURCES:

- 1 cup tofu 868 mg
- 1 oz. mozzarella cheese 269 mg
- 1 bok choy 882 mg

CAN HELP IMPROVE:

- Bone & teeth strength/growth
- Muscle contraction
- Blood pressure
- Blood clotting
- Hormone secretion

Calcium helps build strong bones and teeth and can also help prevent **OSTEOPOROSIS**.

magnesium
RDI~310-420 mg

SOURCES:

- 1 cup pumpkin seeds 1,212 mg
- 1 square dark chocolate 95 mg
- 3 oz. mackerel fish fillet 82 mg

CAN HELP IMPROVE:

- Energy levels
- Bone health
- Risk of blood clots
- Nerve/muscle relaxation
- Protein levels

Magnesium plays a key role in **GENERATING ENERGY** for the body.

zinc
RDI~12-15 mg

SOURCES:

- 4 oz. beef 5-6 mg
- 2 oz. cashews 3.3 mg
- 8 oz. cheddar cheese 3.5 mg

CAN HELP IMPROVE:

- Immune system health
- Wound healing
- Growth
- Vision
- Nerve function
- Reproduction

Zinc helps with **METABOLIC & IMMUNE SYSTEM FUNCTION**. Vegetarians need about 50% more zinc than meat eaters. **TEST IT:** Check for zinc deficiency by looking for white spots under your fingernails.

potassium
RDI~2,000 mg

SOURCES:

- 1 avocado 975 mg
- 1 banana 422 mg
- 1 cup blackberries 233 mg

CAN HELP IMPROVE:

- Body's growth & maintenance
- Water balance levels between cells and body fluids
- Blood pressure
- Heart function
- Reduction of kidney stones

Potassium is essential for the heart and helps **MAINTAIN WATER AND MINERAL LEVELS** throughout the body.

10 Superfoods

The name says it all! Superfoods are high in vitamins and minerals and loaded with disease-fighting properties.

	vitamin A	vitamin B9	vitamin B12	vitamin C	vitamin D	vitamin E	calcium	magnesium	zinc	potassium	Summer	Fall	Winter	Spring
Avocados		●				●		●	●	●	■	■	■	■
Brussels Sprouts	●						●		●		■	■	■	■
Plain Non-Fat Yogurt			●		●		●		●		■	■	■	■
Spinach		●		●		●	●		●		■	■	■	■
Cheese	●	●	●		●		●	●	●		■	■	■	■
Mangos	●	●		●		●					■	■	■	■
Chestnuts	●	●		●						●	■	■	■	■
Eggs	●	●	●		●	●	●		●		■	■	■	■
Edamame		●		●		●	●	●	●		■	■	■	■

