

Fast Facts

Supplements

| <i>Fat-Soluble</i> | | | |
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| <i>Name</i> | | <i>Function</i> | <i>Source</i> |
| Vitamin | A | Helps form/ maintain healthy teeth, bones, soft tissue, mucus membranes, skin | Dark-colored fruit, dark leafy vegetables, egg yolk, fortified milk and dairy products (cheese, yogurt, butter, and cream), and liver, beef, and fish |
| | D | The "sunshine vitamin," because it is made by the body after being in the sun. Ten to 15 minutes of sunshine three times a week is enough to produce the body's requirement of vitamin D for most people at most latitudes. People who do not live in sunny places may not make enough vitamin D. It is very hard to get enough vitamin D from food sources alone. Vitamin D helps the body absorb calcium. It also helps maintain proper blood levels of calcium and phosphorus. | Fish (fatty fish such as salmon, mackerel, herring, and orange roughy), fish liver oils (cod's liver oil), fortified cereals, fortified milk and dairy products (cheese, yogurt, butter, and cream) |
| | E | An antioxidant also known as tocopherol. It helps the body form red blood cells and use vitamin K. | Avocado, dark green vegetables (spinach, broccoli, asparagus, and turnip greens), margarine (made from safflower, corn, and sunflower oil), oils (safflower, corn, and sunflower), papaya and mango, seeds and nuts, wheat germ and wheat germ oil |
| | K | Is not listed among the essential vitamins, but without it blood would not stick together (coagulate). Some studies suggest that it is important for bone health. | Cabbage, cauliflower, cereals, dark green vegetables (broccoli, Brussels sprouts, and asparagus), dark leafy vegetables (spinach, kale, collards, and turnip greens), fish, liver, beef, and eggs |
| | <i>Water-Soluble</i> | | |

| <i>Name</i> | <i>Function</i> | <i>Source</i> |
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| B1 (Thiamin) | Helps the body cells change carbohydrates into energy (important for pregnancy/breast-feeding). It is essential for heart function and healthy nerve cells. | Dried milk, egg, enriched bread and flour, lean meats, legumes (dried beans), nuts and seeds, organ meats, peas, whole grains |
| B2 (Riboflavin) | Works with the other B vitamins. It is important for body growth and the production of red blood cells. | Whole grains, enriched grains, liver, nuts and seeds |
| B3 (Niacin) | Helps maintain healthy skin and nerves. It is also has cholesterol-lowering effects. | Avocado, eggs, enriched breads and fortified cereals, fish (tuna and salt-water fish), lean meats, legumes, nuts, potato, poultry |
| B5 (Pantothenic Acid) | Essential for the metabolism of food. It also plays a role in the production of hormones and cholesterol. | Avocado, broccoli, kale, and other vegetables in the cabbage family, eggs, legumes and lentils, milk, mushroom, organ meats, poultry, white and sweet potatoes, whole-grain cereals |
| B6 (Pyridoxine) | Helps form red blood cells and maintain brain function. Plays an important role in the proteins that are part of many chemical reactions in the body. The more protein you eat the more pyridoxine your body requires. | Avocado, banana, legumes (dried beans), meat, nuts, poultry, whole grains (milling and processing removes a lot of this vitamin) |
| B7 (Biotin) | Essential for the metabolism of proteins and carbohydrates, and in the production of hormones and cholesterol. | Chocolate, cereal, egg yolk, legumes, milk, nuts, organ meats (liver, kidney), pork, yeast |
| B9 (Folic Acid) | Works with vitamin B12 to help form red blood cells. It is needed for the production of DNA, which controls tissue growth and cell function. Any woman who is pregnant should be sure to get enough folate. Low levels of folate are linked to birth defects such as spina | Asparagus and broccoli, beets, brewer's yeast, dried beans (cooked pinto, navy, kidney, and lima), fortified cereals, green/leafy vegetables (spinach and romaine lettuce), lentils, oranges and orange juice, peanut butter, wheat germ |

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| | | bifida. Many foods are now fortified with folic acid. | |
| | B12 | Important for metabolism. It also helps form red blood cells and maintain the central nervous system. | Meat, eggs, fortified foods such as soymilk, milk and milk products, organ meats (liver and kidney), poultry, shellfish NOTE: Animal sources of vitamin B12 are absorbed much better by the body than plant sources |
| | C (Ascorbic Acid) | An antioxidant that promotes healthy teeth and gums. It helps the body absorb iron and maintain healthy tissue. It also promotes wound healing. | Broccoli, Brussels sprouts, cabbage, cauliflower, citrus fruits, potatoes, spinach, strawberries, tomato juice, tomatoes |
| Minerals | <i>Name</i> | <i>Function</i> | <i>Source</i> |
| | Calcium | Helps build strong bones and teeth. Plays a role in nerve transmissions, muscle function -- including that of the heart -- and hormone secretion. | Dairy products (milk and yogurt), vegetables (kale, broccoli and cabbage) |
| | Potassium | Controls the electrical activity of your heart (vital to maintaining a normal heart rhythm). Your body also needs it to build proteins, break down and use carbohydrates, maintain the pH balance of the blood and support normal growth. | Beef, fish, chicken, cantaloupe, potatoes, tomatoes and lima beans |
| | Sodium | Stimulates nerve and muscle function, maintain the correct balance of fluid in the cells and support the absorption of other nutrients including chloride, amino acids and glucose. | All food sources |
| | Magnesium | Supports more than 300 biochemical reactions, such as supporting muscle and nerve function, keeping your heart beating regularly, building strong bones and boosting immunity. | Beans, nuts, whole grains and green vegetables serve as good sources of magnesium |

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| | Phosphorus | Plays an important role in building strong bones and teeth, producing proteins the body needs and repairing cells. | Dairy foods, meat and whole grains |
| | Chloride | Usually consumed as a salt compound such as sodium chloride -- better known as table salt -- balances the fluids in your body and plays an essential role in the production of digestive juices in the stomach. | With the high salt content of foods, most people meet the daily |
| | Trace | <i>Iron</i> produces hemoglobin and myoglobin. <i>Proteins</i> carry oxygen in your body. Thyroid hormones that regulate nearly every cell in the body requires <i>iodine</i> . <i>Manganese</i> regulates blood sugar, enhances the absorption of calcium and plays a role in the production of connective tissues and bones. <i>Chromium</i> enhances the action of insulin making it important in regulating blood sugar. <i>Fluoride</i> keeps your teeth strong and healthy. Your body needs <i>copper, selenium, mylobdenum and zinc</i> to produce enzymes important in various reactions throughout the body. | Found in various food sources |
| Bontanicals/ Herbals | <i>Name</i> | | <i>Function</i> |
| | Black cohosh | Menopausal conditions, painful menstruation, uterine spasms, vaginitis | |
| | Echinacea | Strengthens the immune system, a prevention against colds and flu | |
| | Evening primrose | Reducing symptoms of arthritis and premenstrual syndrome (PMS) | |
| | Feverfew | Migraine headaches, menstrual cramps | |
| | Garlic | High cholesterol and triglyceride levels associated with the risk of atherosclerosis | |
| | Gingko biloba | Poor circulation and memory loss | |

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| | Ginseng | Increases overall body tone, helpful in elevating energy levels and improving resistance to stress | |
| | Goldenseal | Healing properties and antiseptic qualities, used for colds and flu, soothing the nose lining when it is inflamed or sore | |
| | Green tea | Combat fatigue, prevent arteriosclerosis and certain cancers, lower cholesterol, and aid in weight loss | |
| | Hawthorn | Several heart-related conditions and is supportive in the treatment of angina, atherosclerosis, heart failure, and high blood pressure | |
| | Saw palmetto | Enlarged prostate | |
| | St. John's wort | Mild to moderate depression | |
| Amino Acids | <i>Class</i> | <i>Name</i> | <i>Source</i> |
| | Essential (not produced by your body) | Histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, and valine | Protein in meat, fish and poultry contain all of the essential amino acids and are considered complete proteins. Eggs, cheese and yogurt are also sources of complete protein. Barley, either pearled or hulled, contains eight essential amino acids. Wheat contains all 10 essential amino acids, but Quinoa is higher in all of them. Soybeans have an amino acid profile similar to that of meat, milk and egg proteins. <i>Combinations</i> of food are good sources, such as beans combined with either rice or a corn or wheat tortilla; rice with lentils; pea soup with bread or crackers; chickpeas with sesame paste; pasta with beans; peanut butter with bread |
| | Non-essential (produced by your body) | Alanine, asparagine, aspartic acid, and glutamic acid | |
| | Conditional (not essential unless under illness/stress) | Arginine, cysteine, glutamine, tyrosine, glycine, ornithine, proline, and serine | |
| Enzymes | <i>Name</i> | <i>Function (helps with digestion)</i> | |
| | Alpha-galactosidase | Carbohydrates in legumes that cause flatulence | |
| | Amylase | Starches | |
| | Cellulase | Cellulose (fiber) in fruits, vegetables, grains, seeds | |
| | Glucoamylase | Maltose (the sugar in grains) | |
| | Invertase | Sucrose (sugar) | |
| | Lactase | Lactose (milk sugar) | |
| | Lipase | Fats | |
| | Malt diastase | Carbohydrates | |
| Protease | Proteins | | |

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| | Peptidase | Casein (in milk) and gluten (in grains)-- not designed to cure celiac disease |
| | Xylanase | Plant fibers |
| | Pectinase | Pectin, a carbohydrate in fruits |
| | Hemicellulase | Plant fibers |
| | Phytase | Minerals bound to phytic acid in plants |
| | Beta-glucanase | Beta-glucan, a special type of fiber in yeast, grains, and medicinal mushrooms |

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