

Alice! Health Promotion Guide to Micronutrients

Micronutrients, also known as vitamins and minerals, are substances in your food that are essential for growth and energy. Check out the list on the following pages for food sources to help you plan a micronutrient-rich diet!



Essential nutrients and their functions

- Vitamin A: helps maintain healthy teeth, skeletal and soft tissue, mucus membranes, vision, and skin.
- Vitamin C: helps regulate the growth and repair of tissues in all parts of your body, including the immune system.
- Vitamin K: helps make proteins for healthy bones, tissues, and blood clotting.
- Vitamin B12 & Folic Acid: helps keep the body's nerve and blood cells healthy, and helps make DNA, the genetic material in all cells.
- Vitamin D: helps the body absorb calcium, one of the main building blocks of bone.
- Fiber: helps digestion, prevents constipation, lowers cholesterol, and control blood sugar levels.
- Calcium: helps muscle functioning and hormone secretion.
 - Potassium: helps with nerve function and muscles contraction. It also helps maintain a steady heartbeat, and moves nutrients into and waste products out of cells.
 - Omega 3 & 6 Fatty Acids: helps with digestion, fertility, cell division and growth, and regulation of metabolism.



Micronutrient Sources

SOURCES OF VITAMIN A

- Apricots
- Butter
- Cantaloupe
- Carrots
- Cayenne pepper
- Chard
- Cheese
- Eggs
- Kale
- Leafy greens
- Milk
- Prunes
- Red bell pepper
- Spinach
- Sweet potato
- Winter squash

SOURCES OF VITAMIN C

- Blueberries
- Bok Choy
- Brussels sprouts
- Cabbage
- Cantaloupe
- Cherries
- Cranberries
- Fennel
- Grapefruit
- Guava
- Honeydew
- Kiwi
- Leafy greens
- Mango
- Melons
- Oranges
- Papaya
- Potatoes
- Radish
- Red bell pepper
- Snap peas/Snow peas
- Strawberries
- Tomatoes
- Watermelon

SOURCES OF VITAMIN K

- Alfalfa sprouts
- Basil
- Brussels sprouts
- Cabbage
- Chard
- Collard greens
- Edamame
- Pomegranate
- Rhubarb
- Spinach
- Thyme

SOURCES OF VITAMIN B12

- Apricots
- Butter
- Cantaloupe
- Carrots
- Cayenne pepper
- Chard
- Cheese
- Kale
- Leafy greens
- Milk
- Prunes
- Red bell pepper
- Spinach
- Sweet potato

SOURCES OF VITAMIN D

- Cheese
- Eggs
- Milk
- Swordfish
- Salmon
- Tuna
- Yogurt

SOURCES OF FIBER

- Black beans
- Black olives
- Coriander
- Dates
- Figs
- Green olives
- Kidney beans
- Mushrooms
- Nuts/Seeds
- Pinto beans
- Popcorn
- Raisins



Micronutrient Sources

SOURCES OF CALCIUM

- Almond
- Baked beans
- Brown sugar
- Corn
- Cottage cheese
- Fortified cereals
- Fortified orange juice
- Fortified plant milk
- Leafy greens
- Low-fat cheese
- Oatmeal
- Oranges
- Peanuts
- Peas
- Pink salmon
- Sardines
- Sesame seeds
- Skim or 2% milk
- Tofu
- Tortillas
- White beans

SOURCES OF POTASSIUM

- Apricots
- Avocado
- Bananas
- Cantaloupe
- Kidney beans
- Lentils
- Lima beans
- Low-fat milk
- Low-fat yogurt
- Orange juice
- Papaya
- Pinto beans
- Potato
- Prunes
- Soybeans
- Spinach
- Sweet potato
- Swiss chard
- Tomato

SOURCES OF OMEGA 3 & 6 FATTY ACIDS

- Flaxseed
- Olive oil
- Salmon
- Sunflower seeds
- Tilapia
- Walnuts

SOURCES OF FOLIC ACID

- Asparagus
- Banana
- Black-eyed peas
- Brussels sprouts
- Cantaloupe
- Eggs
- Fortified cereals
- Lettuce
- Peanuts
- Rice
- Tomato juice
- Turnip greens
- Wheat germ

WHAT ELSE?

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- _____
- _____
- _____
- _____
- _____
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Resources

National Institute of Health: *Office of Dietary Supplements*
<http://bit.ly/2uWDtca>

Columbia Dining: *Meet the Dietician*
<http://bit.ly/2tNDbG5>

