

What's In YOUR Food?



Vitamin A: Prevents eye problems. Necessary for normal vision, immune function, and reproduction.

B-Vitamins: This group includes B-1 Thiamin, B-2 Riboflavin, B-3 Niacin, B-5 Pantothenic Acid, B-6 Pyridoxine, B-7 Biotin, B-9 Folic Acid, and B-12 Choline. Necessary to metabolize carbohydrates, protein, and amino acids. Activates B-6 and folate, which is essential for red blood cell growth and maturity.

Vitamin C: Antioxidant that protects against cell damage; boosts immune systems; forms collagen in the body.

Vitamin D: Aids absorption and usage of calcium and phosphorous ; necessary for growth and calcification of bones and teeth. The best source is the sun.

Vitamin E: Acts as an antioxidant that protects cells against damage.

Vitamin K: Important for blood clotting and bone health.

Calcium: Essential in bone and teeth formation, muscle contraction, absorption of B-12, blood clotting, and growth.

Copper: Necessary for absorption, storage, and metabolism of iron; key to formation of red blood cells.

Iodine: Regulates rate of energy production and body weight. Promotes growth and health of hair, nails, skin, and teeth.

Iron: Hemoglobin and myoglobin formation, oxygen and CO₂ transfer, red blood cell formation, and energy release.

Magnesium: Helps heart rhythm, muscle and nerve function, and bone strength.

Phosphorous: Helps cells to function normally. Helps your body produce energy. Key for bone growth.

Potassium: Important in maintaining normal fluid balance; helps control blood pressure; reduces risk of kidney stones.

Selenium: An essential trace element; protects cells from damage; regulates thyroid hormone.

Sodium: Primarily controls the body's osmotic pressure, hydration, and electrical activities.

Zinc: Supports the body's immune and nerve function; important in reproduction.

Protein: A necessary major nutrient in the diet, providing amino acids, which are necessary for growth and development.

Carbohydrate: Provides basic source of energy; stored as glycogen in all tissues of the body, especially the liver and muscles.

Fat: Also known as adipose tissue. Serves as an energy reserve.

Fiber: Aids digestion, helps regulate blood sugar and cholesterol.