

Vitamins and Minerals



Having a healthy diet loaded with vitamins and minerals will help strengthen your teeth and jaws. These nutrients are what should make up most of your diet and are used in everything that you do. They give you the energy to help you grow, make you smart, help you run and ride a bike, and keep your body running smoothly when sitting still.

| | Good for: | What to eat: |
|------------|---|--|
| Vitamin A | Eyes, appetites, helping you grow | sweet potatoes, carrots, kale, spinach |
| Vitamin B1 | Immune & nervous system, digestion, your heart | Nuts, oats, legumes, peas |
| Vitamin B2 | Eyes, skin, hair, digestion, helping you grow | Lamb, milk, yogurt, mushrooms |
| Vitamin C | Blood vessels, healing wounds, cell life, cholesterol | Grapefruit, oranges, lemons, strawberries |
| Vitamin D | Strong healthy bones | The sun, egg yolks, cheese, tuna |
| Vitamin E | Prevention from free radicals, improves circulation | Almonds, avocados, spinach, sunflower |
| Vitamin K | Blood coagulation, prevent tooth decay, strong bones | Broccoli, brussel sprouts, kale, scallions |
| Calcium | Healthy teeth and strong bones | Spinach, kale, okra, collards |
| Iron | Building muscle, maintains healthy blood cells | red meat, seafood, beans, peas |
| Zinc | Immune system, breaking down foods | red meat, beans, nuts, lobster |

Try to eat one serving of each vitamin a day. Pick 3 days this month and keep a food diary—see if you can consume all of the vitamins and minerals!

| | What did you eat? (Day 1) | What did you eat? (Day 2) | What did you eat? (Day3) |
|------------|---------------------------|---------------------------|--------------------------|
| Vitamin A | | | |
| Vitamin B1 | | | |
| Vitamin B2 | | | |
| Vitamin C | | | |
| Vitamin D | | | |
| Vitamin E | | | |
| Vitamin K | | | |
| Calcium | | | |
| Iron | | | |
| Zinc | | | |

What vitamins did you eat enough of? _____

What vitamins do you need to eat more of? _____

What are some easy ways to incorporate more vitamins and minerals into your diet? _____
