IAmMsPrissy™

Vitamins

Research suggests vitamins found in food may help prevent cancer and heart disease. Many studies have found vitamins in food to be essential to any diet. You probably consume all the vitamins you need if your diet is rich in fruits, vegetables and fortified foods.

Beneficial nutrients:

Beta-carotene – Beta-carotene is converted into the body to vitamin A. Vitamin A is important for healthy vision, functioning immune system and good skin.

found in carrots, sweet potatoes, green peppers and other foods

Calcium –Our body needs calcium to maintain healthy bones and prevent osteoporosis.

found mostly in milk, yogurt, and cheese (dairy products)

Folic Acid – prevents neural tube defects. It is good to consume 400 micrograms a day of this vitamin B and 600 if pregnant or lactating.

found in fortified breakfast cereal, dark green vegetables,

legumes, citrus fruit juice, bread, and pasta

Iron – is critical for red blood cells proper functioning which can prevent anemia.

found in lean meats, seafood, nuts, and green, leafy vegetables

Potassium - even out irregular heart rhythms, lower blood pressure, and counteract effects of too much sodium. Too much potassium can be harmful to older people and people with kidney disease.

found in bananas, raisins, leafy greens, oranges, and milk

Selenium – Small amount of selenium

found in meats, seafood, eggs, and bread

Vitamin C – might reduce cold length by one day.

consume vitamin from citrus fruits, berries, broccoli, and green peppers

Vitamin D – helps the body absorb calcium and is necessary for bone health. You can get vitamin D through sun exposure. Osteoporosis and rickets in children may be a result of not enough vitamin D.

Vitamin E – get vitamin E from food. You reduce the amount of vitamin E when you cook and store foods with vitamin E.

from oils such as safflower, peanuts, eggs, fortified cereals, fruits, and green, leafy vegetables