Vitamins

VITAMIN	WHAT IT DOES	WHERE IT IS FOUND	DAILY VALUE*
Biotin	• Energy storage • Protein, carbohydrate, and fat metabolism	• Avocados • Cauliflower • Eggs • Fruits (e.g., raspberries) • Liver • Pork • Salmon • Whole grains	30 mcg
Choline	• Brain development • Cell signaling • Lipid (fat) transport and metabolism • Liver function • Muscle movement • Nerve function • Normal metabolism	• Beans and peas • Egg yolks • Fish (e.g., cod and salmon) • Liver (e.g., beef and chicken) • Milk • Nuts • Salmon • Soy foods • Vegetables (e.g., broccoli, cauliflower, spinach)	550 mg
Folate/Folic Acid	• Prevention of birth defects • Protein metabolism • Red blood cell formation	• Asparagus • Avocados • Beans and peas • Enriched grain products (e.g., bread, cereal, pasta, rice) • Green leafy vegetables (e.g., spinach) • Oranges and orange juice	400 mcg DFE**

Vitamins (cont'd)

VITAMIN	WHAT IT DOES	WHERE IT IS FOUND	DAILY VALUE*
Niacin	• Cholesterol production • Conversion of food into energy • Digestion • Nervous system function	• Beans • Beef • Enriched grain products (e.g., bread, cereal, pasta, rice) • Nuts • Pork • Poultry • Seafood • Whole grains	16 mg**
Pantothenic Acid	• Conversion of food into energy • Fat metabolism • Hormone production • Nervous system function • Red blood cell formation	• Avocados • Beans and peas • Broccoli • Eggs • Milk • Mushrooms • Poultry • Seafood • Sweet potatoes • Whole grains • Yogurt	5 mg
Riboflavin	• Conversion of food into energy • Growth and development • Red blood cell formation	• Eggs • Enriched grain products (e.g., bread, cereal, pasta, rice) • Meat • Milk • Mushrooms • Poultry • Seafood (e.g., oysters) • Spinach	1.3 mg

Vitamins (cont'd)

VITAMIN	WHAT IT DOES	WHERE IT IS FOUND	DAILY VALUE*
Thiamin	• Conversion of food into energy • Nervous system function	• Beans and peas • Enriched grain products (e.g., bread, cereal, pasta, rice) • Nuts • Pork • Sunflower seeds • Whole grains	1.2 mg
Vitamin A	• Growth and development • Immune function • Red blood cell formation • Reproduction • Skin and bone formation • Vision	• Cantaloupe • Carrots • Dairy products • Eggs • Fortified cereals • Green leafy vegetables (e.g., spinach and broccoli) • Pumpkin • Red peppers • Sweet potatoes	900 mcg**
Vitamin B_6	• Immune function • Nervous system function • Protein, carbohydrate, and fat metabolism • Red blood cell formation	• Chickpeas • Fruits (other than citrus) • Potatoes • Salmon • Tuna	1.7 mg
Vitamin B_{12}	• Conversion of food into energy • Nervous system function • Red blood cell formation	• Dairy products • Eggs • Fortified cereals • Meat • Poultry • Seafood (e.g., clams, trout, salmon, haddock, tuna)	2.4 mcg

Vitamins (cont'd)

VITAMIN	WHAT IT DOES	WHERE IT IS FOUND	DAILY VALUE*
Vitamin C	• Antioxidant • Collagen and connective tissue formation • Immune function • Wound healing	• Fruit (e.g., cantaloupe, citrus fruits, kiwifruit, and strawberries) • Juices (e.g., oranges, grapefruit, and tomato) • Vegetables (e.g., broccoli, Brussels sprouts, peppers, and tomatoes)	90 mg
Vitamin D *Nutrient to get more of*	• Blood pressure regulation • Bone growth • Calcium balance • Hormone production • Immune function • Nervous system function	• Eggs • Fish (e.g., herring, mackerel, salmon, trout, and tuna) • Fish oil and cod liver oil • Fortified dairy products • Fortified margarine • Fortified orange juice • Fortified plant-based beverages (e.g., soy, rice, and almond) • Fortified ready-to-eat cereals • Mushrooms • Pork	20 mcg**
Vitamin E	• Antioxidant • Formation of blood vessels • Immune function	• Fortified cereals and juices • Green vegetables (e.g., spinach and broccoli) • Nuts and seeds • Peanuts and peanut butter • Vegetable oils	15 mg**
Vitamin K	• Blood clotting • Strong bones	• Green vegetables (e.g., broccoli, kale, spinach, turnip greens, collard greens, Swiss chard, mustard greens)	120 mcg

* The Daily Values are reference amounts of nutrients to consume or not to exceed each day.
** Units of measurement have been updated. For more information, visit: https://go.usa.gov/xVvT3.

Minerals

MINERAL	WHAT IT DOES	WHERE IT IS FOUND	DAILY VALUE*
Calcium *Nutrient to get more of*	• Blood clotting • Bone and teeth formation • Constriction and relaxation of blood vessels • Hormone secretion • Muscle contraction • Nervous system function	• Canned seafood with bones (e.g., salmon and sardines) • Dairy products • Fortified orange juice • Fortified plant-based beverages (e.g., soy, rice, and almond) • Fortified ready-to-eat cereals • Green vegetables (e.g., kale, broccoli, and collard greens) • Tofu (made with calcium sulfate)	1,300 mg
Chloride	• Acid-base balance • Conversion of food into energy • Digestion • Fluid balance • Nervous system function	• Olives • Rye • Salt substitutes • Seaweeds (e.g., dulse and kelp) • Table salt and sea salt • Vegetables (e.g., celery, lettuce, and tomatoes)	2,300 mg
Chromium	• Insulin function • Protein, carbohydrate, and fat metabolism	• Broccoli • Fruits (e.g., apples and bananas) • Juices (e.g., grape and orange) • Meat • Spices (e.g., garlic and basil) • Turkey • Whole grains	35 mcg
Copper	• Antioxidant • Bone formation • Collagen and connective tissue formation • Energy production • Iron metabolism • Nervous system function	• Chocolate and cocoa • Crustaceans and shellfish • Lentils • Nuts and seeds • Organ meats (e.g., liver) • Whole grains	0.9 mg

Minerals (cont'd)

MINERAL	WHAT IT DOES	WHERE IT IS FOUND	DAILY VALUE*
Iodine	• Growth and development • Metabolism • Reproduction • Thyroid hormone production	• Breads and cereals • Dairy products • Iodized salt • Potatoes • Seafood • Seaweed • Turkey	150 mcg
Iron *Nutrient to get more of*	• Energy production • Growth and development • Immune function • Red blood cell formation • Reproduction • Wound healing	• Beans • Eggs • Fruits (e.g., raisins and prunes) • Green vegetables (e.g., spinach, kale, broccoli, and collard greens) • Meat • Nuts • Organ meats (e.g., liver) • Peas • Poultry • Seafood (e.g., tuna, sardines, haddock, shrimp, and oysters) • Seeds • Soy products (e.g., tofu) • Whole grain, enriched, and fortified breads, cereals, pasta, and rice	18 mg
Magnesium	• Blood pressure regulation • Blood sugar regulation • Bone formation • Energy production • Hormone secretion • Immune function • Muscle contraction • Nervous system function • Normal heart rhythm • Protein formation	• Avocados • Beans and peas • Dairy products • Fruits (e.g., bananas and raisins) • Green leafy vegetables (e.g.,spinach) • Nuts and pumpkin seeds • Potatoes • Whole grains	420 mg

Minerals (cont'd)

MINERAL	WHAT IT DOES	WHERE IT IS FOUND	DAILY VALUE*
Manganese	• Carbohydrate, protein, and cholesterol metabolism • Cartilage and bone formation • Wound healing	• Beans • Nuts • Pineapple • Spinach • Sweet potato • Whole grains	2.3 mg
Molybdenum	• Enzyme production	• Beans and peas • Nuts • Whole grains	45 mcg
Phosphorus	• Acid-base balance • Bone formation • Energy production and storage • Hormone activation	• Beans and peas • Dairy products • Meat • Nuts and seeds • Poultry • Seafood • Whole grain, enriched, and fortified cereals and breads	1,250 mg
Potassium *Nutrient to get more of*	• Blood pressure regulation • Carbohydrate metabolism • Fluid balance • Growth and development • Heart function • Muscle contraction • Nervous system function • Protein formation	• Beans • Dairy products (e.g., milk and yogurt) • Fruits (e.g., bananas, dried apricots, and stewed prunes) • Juices (e.g., carrot and other vegetable juices, orange, pomegranate, and prune) • Seafood (e.g., clams and salmon) • Tomato products • Vegetables (e.g., potatoes, sweet potatoes, beet greens, and spinach)	4,700 mg

Minerals (cont'd)

MINERAL	WHAT IT DOES	WHERE IT IS FOUND	DAILY VALUE*
Selenium	• Antioxidant • Immune function • Reproduction • Thyroid function	• Eggs • Enriched pasta and rice • Meat • Nuts (e.g., Brazil nuts) and seeds • Poultry • Seafood • Whole grains	55 mcg
Sodium *Nutrient to get less of*	• Acid-base balance • Blood pressure regulation • Fluid balance • Muscle contraction • Nervous system function	• Breads and rolls • Burritos and tacos • Cheese • Chicken • Cold cuts and cured meats • Egg dishes and omelets • Pizza • Sandwiches (e.g., hamburgers, hot dogs, and submarine sandwiches) • Snack foods (e.g., chips, crackers, microwave popcorn, and pretzels) • Soups	2,300 mg
Zinc	• Growth and development • Immune function • Nervous system function • Protein formation • Reproduction • Taste and smell • Wound healing	• Beans and peas • Beef • Dairy products • Fortified cereals • Nuts • Poultry • Shellfish • Whole grains	11 mg

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