



# Vitamins 101

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Black Mothers Forum

Prayer, Health and Wellness



**PLEASE SPEAK WITH YOUR HEALTH  
CARE TEAM BEFORE TAKING ANY  
SUPPLEMENTS**

# Objectives

- Pros of Vitamins/Supplements
- Specific Vitamins
- Cons of Vitamins
- Food Sources
- References

# Vitamin Information

- To fill in the nutritional gaps
- Vitamins lack the flavor/fiber and the JOY of eating
- Search out brands that have recommended daily allowance (RDA) and have United States Pharmacopeia (USP) on label
- An expensive brand is not necessary the best
  - Store brands deliver

# TAKE YOUR VITAMINS

- Promotes healthy aging
- Boost heart health
- Covers nutritional bases
- Supports immune health
- Maintains bone health
- Can help with eyesight
- Aids brain/cognitive function
- Promotes healthier skin and hair

# Vitamin C

- Needed to form blood vessels, cartilage, muscle and collagen in bones
- Important in healing process
- Found in citrus, berries, potatoes, tomatoes, peppers, cabbage, brussel sprouts, broccoli and spinach
- Lack of vitamin C can cause anemia, bleeding gums, poor wound healing
- Research shows taking vitamin C to reduce severity of a cold are small

# Vitamin D

- Created naturally in plants (D2) and humans (D3)
- D3 created when skin is exposed to sun
- Helps to maintain calcium/phosphorus
- Can help to strengthen immune system
- Provides protection from HTN, fractured bones, RA
- Sun exposure 2-3 times/week
- Food Sources:
  - eggs, salmon, tuna (D3)
  - whole milk/cereal - (D2) not as well absorbed as D3
- Dose: 

Adults	200IU (5mcg)
50-70 yrs	400IU (10mcg)

# Calcium

- Important in building/maintain strong bones/teeth, heart/muscles and nervous system
- Important with blood clotting, mood swings, food cravings and PMS pain
- Sources: dairy, greens, canned salmon with bones, tofu, fruit juice and broccoli
- Dose: women 500-700mg calcium citrate supplement



# Vitamin B12

- Very important in forming red blood cells, metabolism, nerve function and producing DNA
- Food sources include, poultry, meat, fish and dairy products. It's also added to breakfast cereals
- Lack of B12 is not common in the US. But, can be common to folks who are vegan/vegetarian as many plant foods do not contain B12. Can also affect older adults and folks with digestive problems with hinder the absorption process


# Folic Acid

- Important in the creation of red blood cells along with healthy cell growth and function.
- Found mainly in dark green leafy veggies, beans, peas, nuts, oranges, lemons, bananas, melons and strawberries
- RDA: adults 400mcg and 400-1,000mcg if planning pregnancy

# Vitamin Rich Foods

Vitamin-Rich Foods	
Vitamins and minerals	Food sources
Vitamin A/beta carotene	Carrots, sweet potatoes, broccoli, spinach, apricots, cantaloupe, liver, egg yolks and fortified milk
Vitamin B-3 (niacin)	Lean meats, poultry, fish, organ meats, brewer's yeast, peanuts and peanut butter
Vitamin B-6	Fortified and enriched grains, whole-grain products, poultry, fish, soybeans, nuts, peas and bananas
Vitamin B-9 (folate/folic acid)	Citrus juices and fruits, beans, nuts, seeds, liver, dark green leafy vegetables, and fortified breads and cereals
Vitamin B-12	Meat, fish, shellfish, poultry, eggs, dairy products and fortified cereals
Vitamin C	Citrus juices and fruits, berries, tomatoes, potatoes, green and red peppers, broccoli, and spinach
Vitamin D	Fatty fish (such as salmon and sardines), cod-liver oil, and fortified milk and cereals
Vitamin E	Vegetable oils, wheat germ, whole-grain products, avocados and nuts (especially almonds)
Calcium	Dairy products, calcium-fortified cereals and juice, greens (spinach, bok choy, collards, kale, turnips), broccoli, green soybeans (edamame), and fish eaten with their bones (salmon, sardines)
Iron	Meat, seafood, poultry, whole-grain products, beans, peas and dark green leafy vegetables
Magnesium	Nuts, legumes, whole-grain products and dark green vegetables
Potassium	Citrus fruits, apples, bananas, apricots, cantaloupe, potatoes (especially with skin), tomatoes, spinach, Brussels sprouts, mushrooms, beans, peas and almonds
Selenium	Milk, poultry, fish, seafood, organ meats, Brazil nuts and whole-grain products
Zinc	Meat, fish, poultry, liver, milk, oysters, wheat germ, whole-grain products and fortified cereals ■

# Vitamin Rich Foods



Nutrients	Easy access
Vitamin A/ beta carotene	One small carrot (5 inches) provides about 6,000 international units (IU) of vitamin A.
Vitamin B-3 (niacin)	Three ounces of tuna (canned in water) has 11 milligrams (mg) of niacin.
Vitamin B-6	One medium banana contains about 0.4 mg of vitamin B-6.
Vitamin B-9 (folate/folic acid)	Half a cup (4 ounces) of cooked spinach contains 130 micrograms (mcg) of folate.
Vitamin B-12	Three ounces of salmon contains about 5 mcg of vitamin B-12.
Vitamin C	One medium orange has about 70 mg of vitamin C.
Vitamin D	One cup (8 ounces) of fortified milk contains 100 IU of vitamin D.
Vitamin E	One ounce of almonds (about 23 nuts) has more than 7 mg of vitamin E.
Calcium	One cup (8 ounces) of milk contains 300 mg of calcium.
Iron	Three ounces of beef, pork, lamb or veal contains 2 to 3 mg of iron.
Magnesium	One cup of cooked spinach has 150 to 160 mg of magnesium.
Potassium	One medium banana has 422 mg of potassium. One medium baked potato (with skin) contains 926 mg of potassium.
Selenium	One slice of whole-wheat bread contains 10 mcg of selenium.
Zinc	Three ounces of lean sirloin contains 5 mg of zinc.

# Do not take Vitamins

- Research shows that MVI did NOT reduce risk of heart disease, cognitive decline or cancer
- Research shows that some vitamins (vitamin E and beta-carotene) can be harmful in high doses
- Exception is folic acid
- **HEALTHY DIET IS WHAT YOU NEED**

# Conclusion

- Vitamins can do great things for your health and overall well-being
- Complement the nutrients you receive from your diet
- Can help with your wellness and health goals
- Must take regularly in combination with a **HEALTHY BALANCED DIET**

# Color Counts

## Rush Stories

### **Eat a Colorful Diet**

Tips for adding color — and nutrition — to your meals



<https://www.rush.edu/news/eat-colorful-diet#:~:text=Fruits%20and%20vegetables%20get%20their,%2C%20minerals%2C%20fiber%20and%20antioxidants.>

# References



## MAYO CLINIC WOMEN'S HEALTHSOURCE

### Special Report

Supplement to Mayo Clinic Women's HealthSource

#### *Inside*

- **Do You Need a Supplement?**
- **Vitamin D: Are You Getting Enough?**
- **Choosing and Using Supplements**
- **Vitamins and Disease Prevention**
- **Vitamin-Rich Foods**

## VITAMINS AND MINERALS

*What You Should Know About Essential Nutrients*

<https://www.mayoclinic.org/documents/mc5129-0709-sp-rpt-pdf/doc-20079085>



# References

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## Health

# Is There Really Any Benefit to Multivitamins?

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/is-there-really-any-benefit-to-multivitamins>

# References



Health & Wellness ▾

Diet & Nutrition ▾

Vitamins, Supplements & Herbs ▾

Ask Dr. Weil

<https://www.drweil.com/>

# References



Search Mayo Clinic



<https://www.mayoclinic.org/>