

# VITAMINS & MINERALS

## WHAT THEY DO AND FOODS TO FIND THEM IN



<b>A</b>	Helps the immune system work properly Helps vision in dim light Keeps skin and lining of some parts of the body, such as the nose, healthy	Cheese, eggs, oily fish, fortified low-fat spreads, milk and yogurt, liver. Yellow/red/green (leafy) vegetables e.g. carrots, peppers, spinach Yellow fruit such as mango and apricots
<b>C</b>	Helps protect cells and keep them healthy Maintains healthy skin, blood vessels, bones, and cartilage Helps wound healing	Citrus fruits e.g. oranges and lemons Peppers, strawberries, blackcurrants, broccoli, Brussel sprouts
<b>D</b>	Regulates amount of calcium and phosphorus in the body – nutrients needed for healthy and strong bones, teeth, and muscles.	'The sunshine vitamin' Oily fish, red meat, liver, egg yolks, fortified foods (such as some spreads and breakfast cereals)
<b>E</b>	Is an antioxidant Keeps the immune system strong Helps form red blood cells and widen blood vessels	Sunflower oil, sunflower seeds, almonds, peanuts, peanut butter, collard greens, spinach, pumpkin, red bell pepper
<b>K</b>	Makes various proteins needed for blood clotting and the building of bones	Green, leafy vegetables, soya beans and cannellini beans
<b>B1</b>	Helps the body break down and release energy from food Keeps the nervous system healthy	Peas, some fresh fruits (e.g. bananas and oranges), nuts, wholegrain breads, some fortified breakfast cereal, liver
<b>B2</b>	Keeps skin, eyes, and nervous system healthy Helps the body to release energy from food	Milk, eggs, fortified breakfast cereals, mushrooms, plain yogurt
<b>B3</b>	Helps the body release energy from food Keeps the nervous system and skin healthy	Meat, fish, wheat flour, eggs



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Rethinking Pain is a service led by Keighley Healthy Living (KHL) in partnership and collaboration with HALE, VCS Organisations, Bradford District Health & Care Partnership & Primary Care Networks

<b>B5</b>	Helps the body release energy from food Helps make red blood cells Helps make some hormones	Chicken, beef, liver and kidneys, eggs, mushrooms, avocado
<b>B6</b>	Helps the body use and store energy from protein and carbohydrates in food Forms haemoglobin –the substance in red blood cells which carries oxygen around the body	Poultry, some fish, peanuts, soya beans, oats, bananas, milk, some fortified breakfast cereals
<b>B7</b>	Helps the body make fatty acids May only be able to get from the diet (this is currently unclear)	Organ meats, egg, fish, nuts, some vegetables such as sweet potatoes
<b>B9</b>	Helps the body form healthy red blood cells Reduces the risk of birth defects in unborn babies (only relevant before/during pregnancy)	Broccoli, Brussel sprouts, leafy green vegetables e.g. cabbage, kale and spinach, peas, chickpeas, kidney beans, liver (avoid this during pregnancy), breakfast cereals fortified with folic acid
<b>B12</b>	Helps the body form healthy red blood cells Reduces the risk of birth defects in unborn babies (only relevant before/during pregnancy)	Meat, fish, milk, cheese, eggs (Really only from animal sources so vegans should supplement)

<b>Iron</b>	Has a vital role in making red blood cells, which carry oxygen around the body	Liver, red meat, beans such as red kidney beans, edamame, and chickpeas, nuts, dried fruits, fortified breakfast cereal, soybean flour
<b>Calcium</b>	Helps to build bones and keep teeth healthy Regulates muscle contractions, including your heartbeat Ensures blood clots normally	Dairy foods e.g. milk, yogurt, cheese Green leafy vegetables Soya drinks with added calcium Anything made with fortified flour Fish where you eat the bones – e.g. sardines and pilchards
<b>Magnesium</b>	Regulates muscle and nerve function, blood sugar levels, and blood pressure Helps make protein, bone, and DNA	Whole grains and dark green leafy vegetables, low fat milk and yogurt, dried beans and legumes such as baked beans, lentils, peanuts, soybeans.

<b>Potassium</b>	Helps maintain normal levels of fluid inside our cells Helps muscles to contract and supports normal blood pressure.	Dried fruits, beans, lentils, potatoes, winter squash (butternut), spinach, broccoli, avocado, bananas
<b>Zinc</b>	Needed by almost 100 enzymes to carry out vital chemical reactions. Major player for creating DNA, growth of cells, building proteins, healing damaged tissue, healthy immune system	Wholegrains and milk, oysters, poultry, baked beans, chickpeas, nuts
<b>Copper</b>	Works with iron to help the body form red blood cells. Helps keep blood vessels, nerves, immune system, and bones healthy	Oysters and other shellfish, whole grains, beans, nuts, potatoes, and organ meats
<b>Iodine</b>	Needed to make thyroid hormones to help control metabolism	Seaweed, fish, shellfish, table salt labelled as 'iodised', dairy, eggs, beef liver, chicken
<b>Selenium</b>	Helps the body release energy from food Keeps the nervous system and skin healthy	Meat, fish, wheat flour, eggs
<b>Phosphorus</b>	Growth, maintenance and repair of all tissues and cells, and for the production of DNA and RNA	Dairy, red meat, poultry, seafood, legumes, and nuts
<b>Chloride</b>	Keeps the proper balance of body fluids; it is an essential part of digestive (stomach) juices	Table salt or sea salt, some vegetables such as tomatoes, lettuce, celery, and olives
<b>Sodium</b>	The body uses it to help control blood pressure and blood volume. The body needs it to help make muscles and nerves work properly	Bread, cold cuts/cured meats, soups, savoury snacks... essentially anything salty