**Vitamins-Cut & Paste**

**Essential For:**

| Prevents neural tube birth disorders, such as spina bifida. Protection from heart disease. Promotes cellular health. | Enhances hair, skin and helps prevent night blindness. Helps support immune system. | Protects membranes of white & red blood cells. Provides protection against cell damage. |
| --- | --- | --- |
| Healthy bones, teeth, skin, & brain function. Helps form collagen & aids in healing. Prevents scurvy. | Help build and maintain strong bones and teeth. Called the “sunshine vitamin”. Often added to milk products. | Helps blood to clot. |

**Sources:**

| Sweet Potatoes, Carrots, Dark Leafy Greens, Winter Squashes, Dried Apricots, Cantaloupe, Bell Peppers, Fish, Liver, and Tropical Fruits | Cod Liver Oil, Canned Tuna in water, Canned Sardines in oil, Milk Yogurt, Cheese, Liver, Egg Yolk, and Sunlight | Basil, Kale, Green Onions/Scallions, Brussels Sprouts, Chili Powder, Asparagus, Fennel, Leeks, Okra, Cucumbers, Soy Beans, Olive Oil |
| --- | --- | --- |
| Bell Peppers, Dark leafy greens, Kiwi, Broccoli, Berries, Citrus Fruits, Tomatoes, Peas, and Papayas | Almonds, Sunflower Seeds, Avocados, Shrimp, Rainbow Trout, Olive Oil, Broccoli, Butternut Squash, Kiwi | Leafy green vegetables, such as spinach. Citrus fruits, such as orange juice. Beans, breads, cereals, rice and pastas. |

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**Minerals Cut & Paste**

**Essential For:**

| Helps bones, teeth, blood serum, clotting, muscles, and nerves. Prevents Osteoporosis | Regulates fluids, heart and other muscles, nerves. Prevents irregularity of heart and dehydration. | Regulates fluids, muscles, heart, and nerves. Too much causes high blood pressure. |
| --- | --- | --- |
| Blood- hemoglobin, red cells, carries oxygen to cells. Iron deficiency causes anemia. |  |  |

**Sources:**

| Milk, Dates, Broccoli, Parsley, Greens – Spinach | Oranges, Peaches, Pears, Bananas, Dates, Apples, Raisins, Avocados, and Potatoes | Dates, Dried Fruits, Eggs, Legumes, Whole Grains, Watermelon, Dark Leafy Vegetables |
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| Table Salt, Cured Meats like Sausage and Bacon |  |  |

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