

	Functions	Food source
Vitamin A	Essential for vision, growth, reproduction and maintenance of healthy skin	Liver, fish oil, eggs, dairy products; red, yellow, orange and dark green vegetables and fruits
Vitamin C	Aids in resistance to infection, wound healing and iron absorption	Fruits and vegetables
Vitamin E	An antioxidant that defends cells against virus, bacteria and damage by free radicals	Vegetable oils, margarine, wheat germ, nuts, seeds and green leafy vegetables
Vitamin B6	Helps manufacture amino acids and helps make red blood cells	Fortified cereals, sweet potatoes, chicken and beef liver
Vitamin B12	Essential for normal blood formation and neurological functions	Beef, milk, cheese and shellfish
Calcium	Builds and maintains bones, helps blood clot and aids in muscle contraction	Dairy products, leafy green vegetables and calcium-fortified foods such as cereal, orange juice, etc.
Iron	Carries oxygen from lungs to all body cells	Meat, eggs and dark leafy vegetables
Zinc	Promotes cell reproduction and tissue growth and repair	Meat, eggs, seafood and whole grains

Sources: Campbell's Nutrition and Health Group, American Dietetic Association Complete Food and Nutrition Guide, 2nd Edition