

Vitamins

Vitamins are nutrients that help the body use carbohydrates, proteins, and fats. You need more vitamins during adolescence than you did as a child.

Some vitamins your body needs are:

Vitamin C: Vitamin C helps heart, cells, and muscles function. About eight ounces of orange juice will supply you with a day's worth of vitamin C.

Solid Sources of Vitamin C:

citrus fruits • strawberries • melons • tomatoes • broccoli • potatoes • green vegetables

B Vitamins: B vitamins are important for growth and nerve function.

Solid Sources of B Vitamins:

dairy products • meats • fish • poultry • whole-grain breads • eggs • vegetables • fruits • beans

Vitamin A: Vitamin A keeps eyes, skin, hair, teeth, and gums healthy. **Beta carotene** (BAY-tuh KEHR-uh-teen) is a substance found in food that is changed to vitamin A in the body. It is thought to play a role in fighting disease.

Solid Sources of Vitamin A:

eggs • butter • milk • cheese • green, orange, and yellow vegetables • liver • fruits

Vitamin D: Vitamin D is needed for healthy bones and teeth. Vitamin D is obtained from foods and sunlight.

Solid Sources of Vitamin D:

butter • milk • cheese • tuna • egg yolks

Vitamin E: Vitamin E helps form and maintain cells. It also helps your body maintain immunity against disease.

Solid Sources of Vitamin E:

green vegetables • wheat germ • nuts • vegetable oils • whole-grain cereals and breads

Minerals

Activity 1

Minerals are nutrients that are involved in many of the body's activities.

Iron: Iron is an essential part of hemoglobin (HEE-muh-GLOH-buhn), which is the red substance in blood. Hemoglobin carries oxygen to cells and carbon dioxide away from cells. Females need more iron when they begin menstruating.

Solid Sources of Iron:

lean red meats • fish • nuts • egg • liver • whole-grain cereals • dried peas and beans

Calcium: Calcium helps build bones and teeth. You need calcium for growth.

Solid Sources of Calcium:

milk • yogurt • cheese • tofu • sardines • soybeans • calcium-added orange juice • spinach • salmon

Zinc: Zinc helps with digestion and healing wounds.

Solid Sources of Zinc:

fish • poultry • meat • beans • peas • nuts

Potassium: Potassium keeps fluids balanced in cells.

Solid Sources of Potassium:

potatoes • spinach • winter squash • bananas • oranges • dry beans • milk • yogurt

Water

Water is a nutrient that makes up blood, helps digest food, helps with waste removal, regulates body temperature, and cushions bones and joints. You should drink at least six to eight glasses of water a day.

Secret Sources of Water

fruits • vegetables • soup • juice • frozen juice pops • sorbet