

What They Do for Me

Table 20.1 Vitamins & Minerals

What's the Nutrient?	Where Can I Get It?	What Does It Do for Me?
Vitamins		
Vitamin A	Carrots, sweet potatoes, greens, kale, spinach	<ul style="list-style-type: none"> • Helps me see at night • Gives me healthy skin
Vitamin C	Oranges, grapefruit, tangerines, cantaloupe, mango, papaya, strawberries, broccoli, bell peppers, tomatoes, potatoes (with skin)	<ul style="list-style-type: none"> • Keeps my skin and tissue healthy • Keeps my gums healthy
Minerals		
Calcium	Low-fat milk, low-fat cheese, yogurt, broccoli, greens, tofu (bean curd)	Gives me strong bones and teeth
Iron	Lean red meat, whole wheat bread, spinach, liver, lima beans	Allows blood to carry oxygen to all my body parts