Name_			Period	Point	s/100
			argara Son		
		Vito	amins & Minerals		
1. What	is the mair	n function of vitami			
2. What	foods are	a lot of the vitamin	s and minerals we need	d found in?	
			ables have different vito erent vitamins and min		
4. Which	n vegetab	les have the most v	itamins and minerals?		
A.					
C. A Howr	much wate	er should we drink e	very day?		
Vocabul	l ary Deficien	су:			
2.					
3.	Water Sc	oluble:			
4. 5.	Fat Soluk	ole:			
5. 6.	Macro or	Traco			
o. 7.		rte:			
/.	LICCITOIY		Vitamins		
Vitamin	Water/Fat	Function	Food Source	Deficiency	Toxicity

Vitamin	Water/Fat Soluble	Function	Food Source	Deficiency	Toxicity
Vitamin A			Cantaloupe -Sweet Potatoes -Yellow fruits and vegetables	night blindness	
Vitamin D		Bones & teeth, helps absorb calcium	"Sun Vitamin" Milk -Milk Products		
Vitamin E		Energy Maintains cell membranes		Nerve deterioration Can cause anemia in pre- mature babies	

Vitamin	Water/Fat Soluble	Function	Food Source	Deficiency	Toxicity
Vitamin E		Energy Maintains cell membranes		Nerve deterioration Can cause anemia in pre- mature babies	
Vitamin K			Dark green leafy vegetables Liver	hemorrhaging (non-stop bleeding) Bruising	
Vitamin C		Collagen to hold cells together Protects body against infection		scurvy (rotten teeth and bleeding gums) Breakdown of collagen	
Vitamin B1 Thiamin		Nerve tissue, digestive system, appetite, energy	-Milk -Bran -Whole grains -Poultry -Fish -Dried Beans		
Vitamin B2 Riboflavin				-Premature aging -Cracks in the corner of mouth -Inflammation of tongue and mouth	
Vitamin B3 Niacin		COENZYME Nerve tissues, Used for energy metabolism	def=pellagra (rash on face), nervous symptoms, mental		
***Folate/ Folic Acid		Red blood cells Makes new cells	-Leafy green vegetables -Legumes -Seeds		
Vitamin B6 Pyriodoxine			-Green leafy vegetables -Animal protein	-Anemia -Abnormal brain wave pattern -Irritability	
Vitamin B12 Cobalamin		Helps make new cells -Maintains nerves and cells			-Water retention

Minerals

Mineral	Macro	Function	Food Source	Deficiency	Toxicity
//iii/Crdi	(M)/Trace (T)/Electr olyte (E)	, one ion	100000000	Delicione,	TOXION
*Calcium		Helps bones, teeth,		-Osteoporosis	
Phosphorous	М	Cells, releases energy, works with calcium (bones & teeth)			
Magnesium			-Dark green leafy vegetables -Whole grain products		Diarrhea -Lack of Coordination -Confusion -Coma
*Iron		-Helps carry oxygen to the blood -Helps cells use oxygen		Anemia -Paleness -Weakness	
Zinc			-Meat -Liver -Fish -Dairy products	-Stunted growth -Rash -Hair Loss	
Fluorine		-Helps strengthen teeth and prevent cavities			Staining of teeth during development
Copper		part of red blood cells, breathing	-Whole grain products		
lodine	Т			goiter: swollen lip and tongue	
Sodium		Regulates fluids (OSMOSIS), muscles, heart, nerves			high blood pressure
Chloride	E		Salt		
Potassium		Regulates fluids, heart and other muscles, OSMOSIS	-Fruits, especially bananas and oranges -Meat, poultry and fish -Dry beans -Dairy products		

^{*}Calcium and iron are the two most common mineral deficiencies in the United States.

FRUITS

FRUITS
• Fruits are 75 – 95% water
 Low in, and
Excellent source of (especially the skins!)
Vitamins/Minerals Fruits Provide:
 Vitamin C Vitamin A Potassium
 We should get daily from the Fruits Food Group.
 , and can destroy nutrients in both fruits and vegetables
VEGETABLES
 Vegetables provide the following vitamins and minerals:
o Vitamin A Vitamin C Vitamin D Potassium
 Folic Acid Calcium Magnesium
 Vegetables contain NO
We should eat daily from the Vegetable Food Group.
GUIDELINES FOR SELECTION FRUITS
· <u> </u>
<u> </u>
• •(Will Be Cheaper)
PURCHASING AND STORING FRUITS
Store Fruits in:
o <u>(Refrigerator)</u>
0
Always fruits and vagatables to remove posticides that might remain on the
 Always fruits and vegetables to remove pesticides that might remain on the
skin.
BROWNING
• occurs when the cut surfaces of food reacts with oxygen.
• This is called
To prevent this, cover cut fruits with a liquid containing
BEST COOKING METHODS FOR PRESERVING NUTRIENTS
The two BEST methods are:
0
0
 You can also:
 Bake, Stir-Fry, Simmer & Sauté
FIVE WAYS TO PRESERVE NUTRIENTS WHEN COOKING FRUITS AND VEGETABLES
 Cook in pieces
 Use amounts of
Cook only until
• Cook
 used to cook in for soups and gravies (most nutrients dissolve integrated)
the water)