

VITAMINS AND MINERALS

1. Vitamins help regulate _____.
2. There are two types of Vitamins
 - a. **Water soluble:** Vitamins that are dissolved and absorbed with the use of _____. If the body has too much of a water soluble vitamin, it will be released from the body in _____.
 - b. **Fat Soluble:** Vitamins that are absorbed into the body with the use of _____. If the body has too much of a fat soluble vitamin, the body stores it as _____ and can reach toxic levels.
3. Minerals: _____ element that is essential to the nutrition of humans, animals and plants. Most minerals become part of your body, like _____ and _____.
4. There are two types of Minerals:
 - a. **Macrominerals:** Minerals that are needed in the diet in amount of _____ or more milligrams each day.
 - b. **Microminerals/Trace Minerals:** Minerals needed in amounts less than _____ milligrams per day. Although you need less, they are just as important as macrominerals.
5. Electrolytes help maintain the _____ balance in the body, help maintain a _____ heartbeat, and help nerve and _____ reactions.

IMPORTANT VITAMINS

Name	Water or Fat Soluble	Food Sources	Function
Vitamin C			
Vitamin D			
Vitamin A			

Folate			
Vitamin E			

IMPORTANT MINERALS

Name	Macro or Micro/Trace	Food Sources	Function
Calcium			
Potassium			
Sodium			
Iron			
Flourine			