

Vitamins, Minerals and their Functions Table, Cont.

Nutrient	RDA or DRI	Functions in the Body/Benefits	Dietary Sources
Folic acid Folate, folacin	DRI Males: 400 ug Females: 400 ug	Part of coenzymes used in new cell synthesis. Essential for blood cell formation, protein metabolism, and prevention of neural tube defects.	Green leafy vegetables, liver, fortified grain products, legumes and seeds.
Vitamin C (ascorbic acid)	RDA Males: 60 mg Females: 60 mg	Essential element in collagen formation (strengthens blood vessels, forms scar tissue, is a matrix for bone growth); an antioxidant; strengthens resistance to infections; and improves absorption of iron.	Abundant in most fresh fruits (esp. citrus) and vegetables.
SELECTED MINERALS			
Boron	NO RDA or DRI	Bone health, prevention of osteoporosis.	Non-citrus fruits, leafy vegetables.
Calcium	DRI Males: 1000 mg Females: 1000 mg	The principal mineral of bones and teeth, also involved in normal muscle contraction (including heart muscle).	Milk and milk products, small fish with bones, tofu, broccoli, chard and legumes.
Chloride	No RDA or DRI	An electrolyte that maintains normal fluid balance and proper acid-base balance, part of hydrochloric acid found in the stomach.	Salt, soy sauce, moderate quantities in whole, unprocessed foods and large amounts in processed foods.
Chromium	No RDA or DRI	Associated with insulin and required for the release of energy from glucose.	Brewer's yeast, unrefined whole grain cereals, fats, vegetable oils.
Copper	No RDA or DRI	Supports healthy bones, muscles, and blood vessels. Assists in iron absorption.	Liver, legumes, nuts, seeds, raisins, whole grains, shellfish, shrimp.
Nutrient	RDA or DRI	Functions in the Body/Benefits	Dietary Sources
Fluoride	DRI Males: 3.8 mg Females: 3.1 mg	Involved in the formation of bones and teeth.	Drinking water (if fluoridated) tea, seafood.
Iodine	RDA Males: 150 ug Females: 150 ug	Essential component of thyroid hormones that regulate tissue growth and cell activity.	Iodized salt, seafood, plants.
Iron	RDA Males: 10 mg Females: 15 mg	Part of the protein hemoglobin which carries O ₂ in the body. Part of the protein myoglobin in muscle which makes O ₂ available for muscle contraction. Necessary for the utilization of energy as part of the cells' metabolic machinery.	Red meats, liver, poultry, fish, shellfish, beans, peas, dried fruit, eggs. Certain foods contain phytates, which may inhibit iron absorption.
Magnesium	DRI Males: 420 mg Females: 320 mg	Involved in bone mineralization, the building of protein, enzyme action, normal muscular contraction, and transmission of nerve impulses.	Nuts, legumes, whole grains, beans, green leafy vegetables, seafood, chocolate.
Manganese	No RDA or DRI	Involved in the formation of bone, as well as in enzymes involved in amino acid, cholesterol, and carbohydrate metabolism.	Nuts, whole grain cereals, beans, rice, dried fruits, green leafy vegetables.
Molybdenum	No RDA or DRI	Important in a variety of enzyme systems.	Legumes, grains, organ meats.
Phosphorus	DRI Males: 700 mg Females: 700 mg	A principal mineral of the bones and teeth; part of every cell; maintains acid-base balance.	Abundant in all animal foods.