Our bodies need a range of vitamins and minerals each day to function effectively. Here we cover seven of the most important nutrients for your diet.

### Vitamin B12
- **Commonly Found In:**
  - Protein Foods: milk, fortified yogurts, fortified soy & rice beverages, salmon, tuna, sardines, mackerel, eggs, fortified soy & rice beverages
  - Helps with folate, also known as vitamin B9, to make new cells
  - Helps to make healthy blood cells
  - Keeps nerves working properly

### Calcium
- **Commonly Found In:**
  - Protein Foods: milk (all types), yogurt, cheese
  - Vegetables & Fruits: kale, broccoli, beans (white, navy), Brussels sprouts
  - Calcium is the main building block of our bones and teeth.
  - If we do not get enough calcium in the diet, the body draws on calcium reserves in the bones, making them weaker.

### Folate (Vitamin B9)
- **Commonly Found In:**
  - Vegetables & Fruits: spinach, peas, broccoli, corn, banana, strawberries, orange juice
  - Whole Grain Products: whole grain pasta & breads
  - Note: Folate is the form found in foods. Folic acid is the form found in supplements.
  - One of the B vitamins (vitamin B9)
  - Helps to prevent anemia
  - Keeps blood vessels and the heart healthy
  - Reduces the risk of some birth defects such as spina bifida

### Iron
- **Commonly Found In:**
  - Whole Grain Products: whole grain pasta & breads, fortified cereals
  - Protein Foods: meat, fish, poultry, clams, oysters, beef liver, tofu, eggs, dried beans
  - Important for brain development
  - Helps form the hemoglobin in red blood cells that carries oxygen from the lungs around the body
  - Available as heme iron (which is better used by the body) and non-heme iron
  - Non-heme iron needs to be taken with vitamin C to allow the body absorb more of it.

### Magnesium
- **Commonly Found In:**
  - Whole Grain Products: whole grains
  - Protein Foods: legumes (beans, peas, lentils), nuts & seeds, fish
  - Works with other minerals to keep your heart healthy by controlling blood pressure
  - Helps the body break down carbohydrates, fat and other nutrients to produce energy

### Zinc
- **Commonly Found In:**
  - Protein Foods: seafood, meat, beans, lentils
  - Strengthens your immune system
  - Helps to heal wounds
  - Helps in normal growth and development