



Name:  
Date:  
Period:

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<b>Nutrients</b>	
<b>Vitamin A</b>	What it does: Maintains good vision, keeps skin & eyes healthy, promotes normal growth & development.
	Foods:
<b>Vitamin C</b>	What it does: helps promote wound healing, keeps gums & connective tissue healthy & helps maintains strong blood vessel walls. Acts as an antioxidant
	Foods:
<b>Thiamin, Niacin &amp; Riboflavin</b>	What it does: These B Vitamins work to make red blood cells, keep nervous system healthy helps body use energy from food.
	Foods:
<b>Folate &amp; Vitamin B12</b>	What it does: This B vitamin helps make new red blood cells
	Foods:
<b>Vitamin B6</b>	What it does: Involved in amino acid (protein) metabolism & the formation of hemoglobin that carries oxygen in your blood. Helps the nervous system.
	Foods:
<b>Sodium</b>	Warning: Excessive sodium intake can contribute to high blood pressure, a risk factor for heart and stroke
	1 tsp = 2400 mg
<b>Potassium</b>	What it does: Maintains proper fluid balance in the body & regulates blood pressure. Helps nerves, muscles, heart & kidneys function properly.
	foods:

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