



VITAMINS & MINERALS

CHEAT SHEETS

NOTE

This guide is for learning and general information only. We did our best to make sure it is correct, but it is not medical advice and should not replace help from a doctor.

This guide shares basic facts about vitamins, minerals, and healthy eating, including daily amounts and food sources. Your own nutrition needs may be different based on your age, health, medicines, and lifestyle. Always talk to a doctor, dietitian, or other health professional before changing your diet, especially if you have health problems, are pregnant, breastfeeding, or take medicine.

The writer is not responsible for any health problems or choices made from using this guide. Use this information at your own risk. Always get professional advice for your personal health needs.

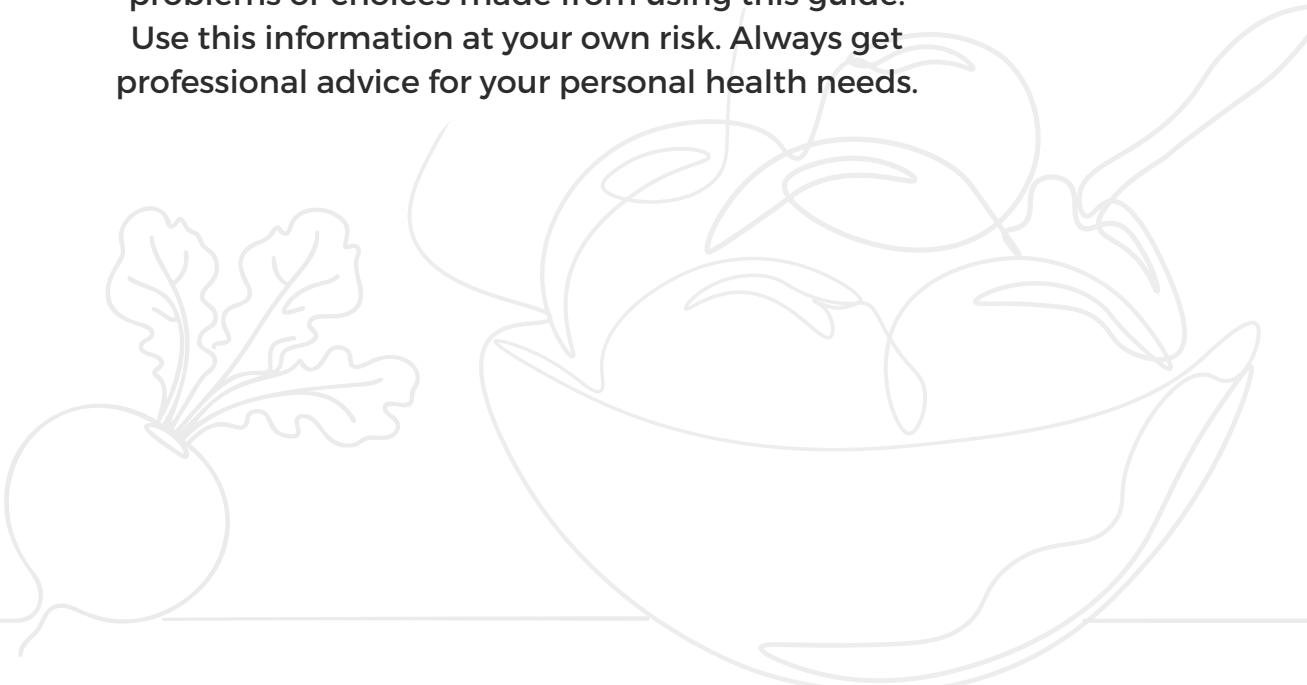
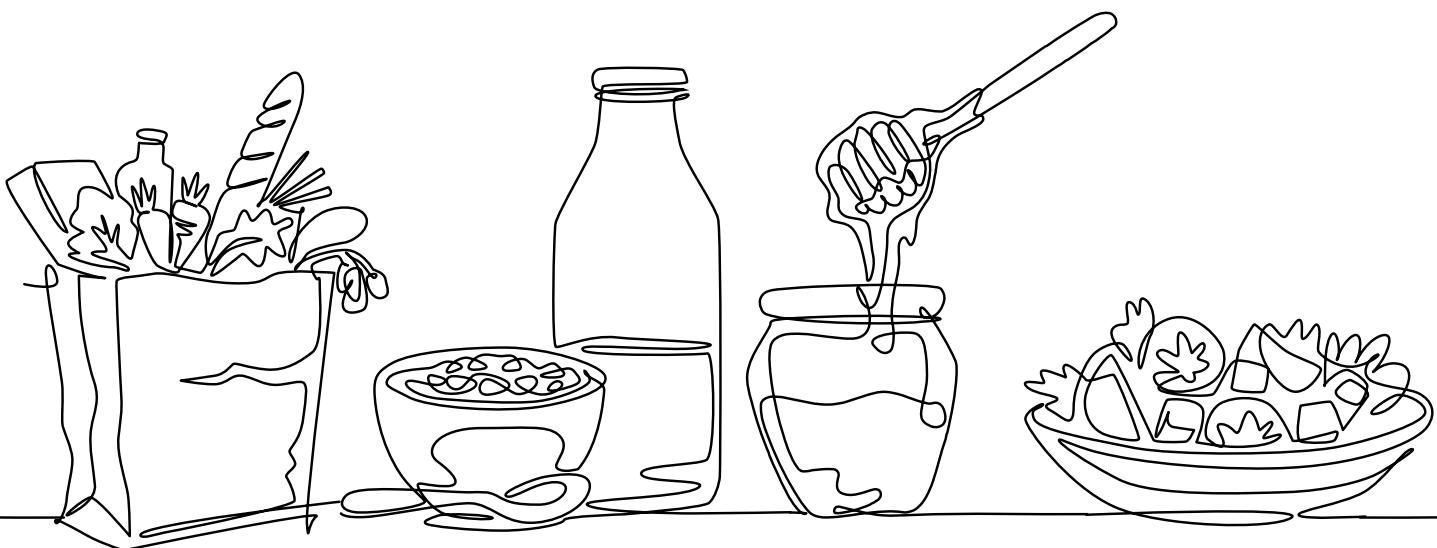


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WELCOME TO YOUR CHEAT SHEETS:

IMPORTANT VITAMINS & MINERALS

Do you want to feel stronger, have more energy, and understand what your body really needs? This guide is for you. It makes healthy eating simple. You will find easy tips and clear facts about vitamins and minerals. Use it anytime you need quick help to eat well and stay healthy.

MAKE YOUR NUTRITION BETTER AND ENJOY A HEALTHIER LIFE.

Eating a balanced diet with enough vitamins and minerals is very important for your health. Vitamins and minerals help your body make energy, keep your immune system strong, build healthy bones, and much more.



WHAT ELSE IS INSIDE? IN THIS GUIDE, YOU'LL LEARN:

- Understand what vitamins and minerals are
- Know the differences between water-soluble and fat-soluble vitamins
- Learn about micro and macro minerals
- Understand the key functions of each vitamin and mineral with the recommended daily dose (amount)
- Learn which foods give you the vitamins and minerals your body needs.

UNDERSTANDING VITAMINS AND MINERALS

WHAT ARE VITAMINS AND MINERALS?

Vitamins and minerals are tiny nutrients your body needs to stay healthy. They help your body use food for energy, support immunity, growth, and feeling good. You only need a little, but they are very important.

The Difference Between Water-Soluble and Fat-Soluble Vitamins

➤ **Water-Soluble Vitamins**
These vitamins dissolve in water and do not stay in the body. You need to eat foods with them often to stay healthy.

➤ **Fat-Soluble Vitamins**
These vitamins dissolve in fat and stay in the body's fat tissues. You do not need to eat them as often as water-soluble vitamins.

The Difference Between Macro and Micro Minerals

➤ **Macro-Minerals**
Your body needs these in larger amounts. They help keep bones strong, muscles working, and fluids balanced. Examples are calcium, magnesium, and potassium.

➤ **Micro-Minerals (Trace Minerals)**
Your body needs these in tiny amounts, but they are still very important. They help with immunity and turning food into energy. Examples are iron, zinc, and selenium.

THE ROLE IN THE BODY

WHY ARE THEY IMPORTANT?

Each vitamin and mineral has its own job in the body. They work together to help your body stay healthy by supporting:

1

Energy production (B vitamins help turn food into energy)

2

Immune defense (Vitamin C, Zinc, and Iron help strengthen immunity)

3

Bone health (Calcium, Vitamin D, and Magnesium help build strong bones)

4

Brain function (Omega-3s, B vitamins, and Iron help keep your brain healthy and sharp)

5

Skin and hair health (Vitamin A, Vitamin E, and Biotin promote healthy skin and hair)



How to Make Sure You Get Enough Nutrients

- Eat many whole foods like fruits, vegetables, and whole grains.
- Add foods full of vitamins, fibers, and minerals to each meal.
- Take vitamin supplements if recommended by a healthcare professional.

WATER-SOLUBLE VITAMINS

VITAMIN	FUNCTION	RECOMMENDED DAILY NEED	FOOD SOURCE
Vitamin B1 (Thiamine)	Helps the body use energy, nerve health	<ul style="list-style-type: none"> Men: 1.2 mg Women: 1.1 mg 	Whole grains, beans nuts, seeds 
Vitamin B2 (Riboflavin)	Energy production, skin and eye health	<ul style="list-style-type: none"> Men: 1.3 mg Women: 1.1 mg 	Dairy products, eggs, green leafy vegetables 
Vitamin B3 (Niacin)	Energy production, nervous system health	<ul style="list-style-type: none"> Men: 16 mg Women: 14 mg 	Peanuts, whole grains, mushrooms 
Vitamin B5 (Pantothenic Acid)	Helps your body use fats and carbohydrates for energy	5 mg (both men and women)	Avocados, eggs, whole grains, 
Vitamin B6 (Pyridoxine)	Brain health, helps the body use protein	<ul style="list-style-type: none"> Men: 1.3–1.7 mg Women: 1.3–1.5 mg 	Poultry, bananas, potatoes, fortified cereals 
Vitamin B7 (Biotin)	Hair, skin, and nail health, helps the body use food for energy	30 mcg (both men and women)	Eggs, nuts, seeds, sweet potatoes 
Vitamin B9 (Folate/Folic Acid)	Helps make DNA and supports cell growth, important during pregnancy	<ul style="list-style-type: none"> Adults: 400 mcg Pregnant Women: 600 mcg 	Leafy greens, legumes, citrus fruits, fortified grains 
Vitamin B12 (Cobalamin)	Red blood cell production, brain health	2.4 mcg (both men and women)	Fish, dairy, fortified cereals 
Vitamin C (Ascorbic Acid)	Boosts immunity, helps make collagen, and acts as an antioxidant (protects body's cells from damage)	<ul style="list-style-type: none"> Men: 90 mg Women: 75 mg 	Citrus fruits, bell peppers, strawberries, broccoli 

FAT-SOLUBLE VITAMINS

VITAMIN	FUNCTION	RECOMMENDED DAILY NEED	FOOD SOURCE
Vitamin A	Vision health, immune function, skin health	<ul style="list-style-type: none"> Men: 900 mcg Women: 700 mcg 	Carrots, sweet potatoes, spinach 
Vitamin D	Bone health, calcium absorption, immune support	<ul style="list-style-type: none"> Adults: 15 mcg (600 IU) 	Sunlight exposure, fortified dairy products 
Vitamin E	Antioxidant, skin health, immune support	<ul style="list-style-type: none"> 15 mg (both men and women) 	Nuts, seeds, spinach, sunflower oil 



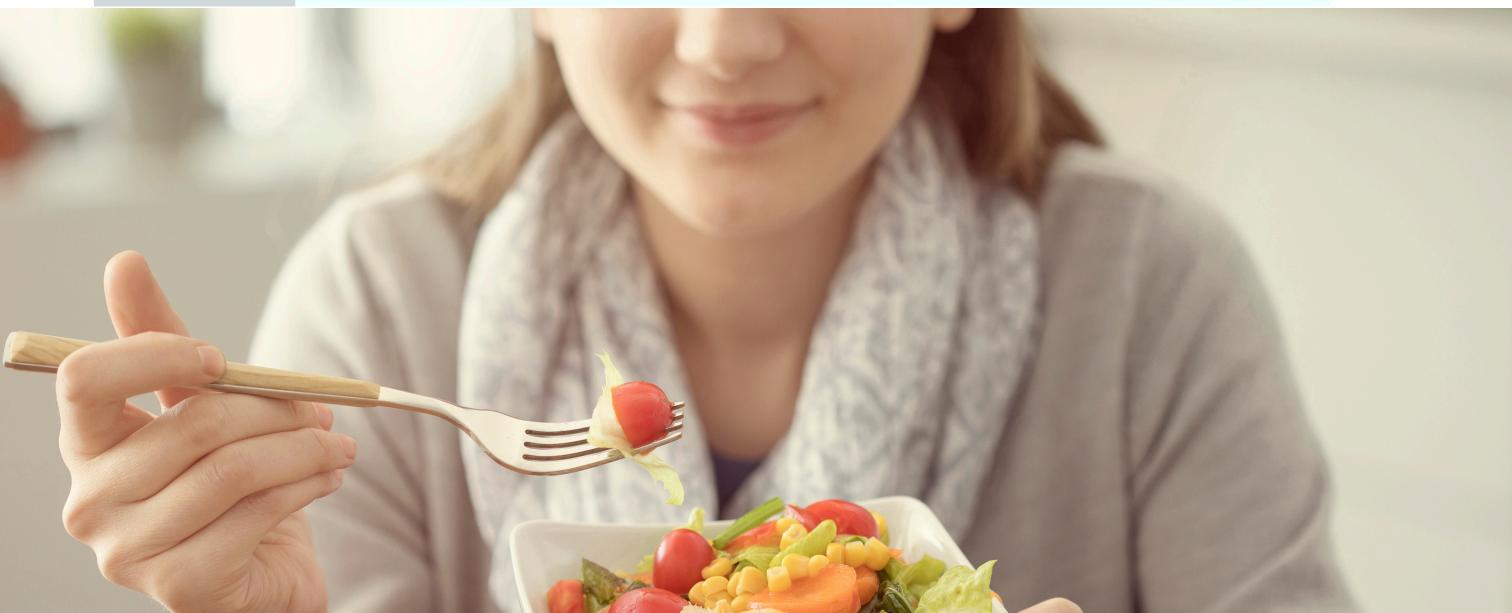
MACRO-MINERALS

VITAMIN	FUNCTION	RECOMMENDED DAILY NEED	FOOD SOURCE
Calcium	Keeps bones and teeth strong, helps muscles work, and supports nerve signals	<ul style="list-style-type: none"> Adults: 1,000 mg Women (50+): 1,200 mg 	Dairy products, leafy greens, almonds, tofu 
Magnesium	Helps muscles and nerves work well and supports energy production	<ul style="list-style-type: none"> Men: 400–420 mg Women: 310–320 mg 	Nuts, seeds, whole grains, dark chocolate 
Potassium	Fluid balance, muscle contractions, heart health	2,600–3,400 mg (both men and women)	Bananas, potatoes, beans, oranges 
Phosphorus	Bone health, energy production, cell repair	700 mg (both men and women)	Dairy, meat, nuts, whole grains, eggs 
Sulfur	Helps make proteins, supports detoxification, and helps enzyme function	No established daily intake (adequate from diet)	Garlic, onions, eggs, cruciferous vegetables 



MICRO-MINERALS

VITAMIN	FUNCTION	RECOMMENDED DAILY NEED	FOOD SOURCE
Iron	Carries oxygen in the blood and helps make energy	<ul style="list-style-type: none"> Men: 8 mg Women: 18 mg 	Beans, lentils, spinach
Zinc	Supports the immune system, helps wounds heal, and aids in making DNA	<ul style="list-style-type: none"> Men: 11 mg Women: 8 mg 	Legumes, seeds
Copper	Helps make red blood cells and supports how the body uses iron	<ul style="list-style-type: none"> 900 mcg (both men and women) 	Nuts, seeds, whole grains
Manganese	Helps build bones and supports the body's energy use	<ul style="list-style-type: none"> Men: 2.3 mg Women: 1.8 mg 	Nuts, whole grains, leafy greens, tea
Selenium	Acts as an antioxidant and helps keep the thyroid healthy	55 mcg (both men and women)	Brazil nuts, eggs, whole grains
Chromium	Helps control blood sugar levels	<ul style="list-style-type: none"> Men: 35 mcg Women: 25 mcg 	Whole grains, nuts, broccoli, meat



SIGNS OF DEFICIENCIES (SHORTAGE) & HOW TO FIX THEM

COMMON DEFICIENCY (SHORTAGE) SYMPTOMS

Not getting enough vitamins and minerals can cause health problems. Some common signs include:



Feeling Tired & Weakness
(Iron, Vitamin D, B12 deficiency)



Brittle (Weak) Hair & Nails
(Biotin, Zinc deficiency)



Muscle Cramps & Spasms
(Magnesium, Calcium, Potassium deficiency)



Frequent Illness
(Vitamin C, Vitamin D, Zinc deficiency)



Poor Wound Healing
(Vitamin C, Zinc deficiency)



Bone Pain & Weakness
(Calcium, Vitamin D deficiency)

BEST FOODS VS. SUPPLEMENTS

Balanced Diet = Best Nutrition

Eating a good mix of healthy, nutrient-rich foods is the best way to stay healthy and avoid deficiencies (shortages). Choose whole foods instead of processed ones when you can.

If you use supplements, pick high-quality ones and talk with a healthcare provider before taking them.

WHOLE FOODS	SUPPLEMENTS
<p>Whole foods are the best source of nutrients because they also give you fiber, antioxidants, and other helpful nutrients.</p> 	<p>Supplements can help if you have food limits, trouble absorbing nutrients, or certain deficiencies (shortages), but they should not take the place of a balanced diet.</p> 

WHEN TO SEE A DOCTOR

- See a doctor if you have ongoing tiredness, unexplained weight loss, or severe hair loss.
- Get medical help if a blood test shows you have a deficiency (shortage) that needs treatment.
- Talk to a doctor if eating better and taking supplements do not help after some time.



LET'S BEGIN!

Thank you for taking the time to read these cheat sheet!s

By following these tips, you can make smart choices about your nutrition and enjoy a healthier, more balanced life!

Quick Summary

- Vitamins and minerals keep you healthy by helping your immune system, giving you energy, and supporting brain health.
- Water-soluble vitamins should be eaten every day, but fat-soluble vitamins stay in your body longer.
- Macro-minerals are needed in bigger amounts, while micro-minerals are needed in tiny amounts but are still very important.
- Watch for signs of deficiencies (shortages) and eat mostly whole foods to get the best nutrition.

**YOU'VE
GOT THIS!**

