

HUH?

**WHY
ACT
NOW**

Vitamins & Minerals

VITAMINS

Builds immune system, maintains growth & repair and metabolizes food into usable energy for the body.

VITAMIN A

- keeps immune system healthy
- maintains & strengthens eyesight/night vision
- grows new cells for skin, bones & hair

Food sources: Sweet potato, Carrots, Pumpkin

VITAMIN C

- growth/repair of bones, teeth, skin, & tissues
- helps prevent cell damage, protects from infectious disease

Food sources: Red/Yellow Peppers, Orange, Strawberries

VITAMIN E

- antioxidant, protects cells from damage
- mainly in food that contains fat

Food sources: Eggs, Vegetable Oil, Almonds

VITAMIN D

- helps body absorb calcium for strong bones & teeth
- can protect against infections by keeping the immune system healthy

Food sources: Salmon, Milk, Yogurt

B VITAMINS (B1, B2, B3, B6, B12)

- breaks down & metabolizes carbohydrates, protein & fat from the food you eat into energy to be used by the body

Food sources: Milk, Tuna, Instant Oatmeal

VITAMIN

MINERALS

Essential nutrients needed in small amounts, must be obtained through diet.

CALCIUM

- builds bones & teeth, helps keep them strong
- slows down bone loss as you get older
- helps muscles, like your heart, work properly

Food sources: Milk, Cheese, Yogurt

IRON

- carries oxygen in your blood to all body parts
- prevents you from feeling tired

Food sources: Chickpeas, Fish, Nuts/Seeds

MAGNESIUM

- keeps nerves & muscles strong
- helps form bones & teeth

Food sources: Spinach, Black beans, Sunflower seeds

POTASSIUM

- keeps fluid balanced in nerves & tissues
- helps control blood pressure
- allows nerves & muscles to work together

Food sources: Banana, Orange Juice, Avocado

ZINC

- necessary for growth & development
- maintains healthy immune system, wound healing
- helps the body use other nutrients

Food sources: Milk, Cheese, Yogurt



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