

HUH?

WHY
ACT
NOW

Vitamins & Minerals

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**WHY
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VITAMINS & MINERALS

You eat healthy
because you know
it's good for you,
but do you really
understand why?



**WHY
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Food contains macro & micronutrients

<https://www.youtube.com/watch?v=gQISl6j0srU>

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What are macronutrients?
Fat, Carbohydrates (sugar),
& Protein

What are micronutrients?
Vitamins & Minerals

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Let's investigate...

so you can understand WHY you need
these vitamins and minerals!

**WHY
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VITAMINS...

maintain your body functions
and protect you from disease



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3 main roles of vitamins:

- a. Build immune system
- b. Growth & repair
- c. Metabolize food into energy



VITAMINS & MINERALS

a. Build & Enhance Immune System

Vitamin **A**

Vitamin **C**

Vitamin **E**

enhance immune system, reduce illness (cold to cancer)

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VITAMIN  *(fat-soluble, stored in body)*

- keeps immune system healthy

Food sources: Sweet potato



Pumpkin



Carrots



VITAMINS & MINERALS

VITAMIN



(water-soluble, not stored in body, excess lost in urine)

- growth & repair of bones, teeth, skin & other tissues
- helps prevent cell damage, protects from infections

Food sources: Red/Yellow peppers



Citrus fruit



Strawberries



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VITAMIN



(fat-soluble)

- antioxidant, helps protect cells from damage
- mainly in foods that contain fat

Food sources:

Eggs



Vegetable oil



Almonds



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b. Growth & Repair

Vitamin **A**

Vitamin **D**

VITAMINS & MINERALS

VITAMIN (fat-soluble, stored in body)

- maintains & strengthens eyesight & night vision
- grows new cells for skin, bones and hair to maintain their development & strength

Food sources: Sweet potato



Pumpkin



Carrots



**WHY
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VITAMIN (fat-soluble, extra stored in body)

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

Food sources: Salmon Fortified Milk Yogurt Sunlight



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c. Metabolize Food into Energy

B Vitamins

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VITAMIN



- breaks down/metabolizes carbs, proteins & fat into energy from the food you eat, then released for use throughout the body

Food sources:

Milk (B12)



Tuna (B6)



Instant Oatmeal (B1)



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MINERALS...

essential nutrients, needed in small amounts



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MINERALS...

- do not give you energy or calories
- body cannot make, must obtain through healthy, balanced diet



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Common Minerals:

- a. Calcium
- b. Iron
- c. Magnesium
- d. Potassium
- e. Zinc



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CALCIUM

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

Food sources:

Milk



Cheese



Yogurt



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LACTOSE INTOLERANT?

There are other great ways to obtain calcium...

Food sources:

Salmon



Spinach



Tofu



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IRON

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

Food sources:

Fish



Chickpeas



Nuts/Seeds



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MAGNESIUM

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

Food sources: Spinach



Black beans



Sunflower seeds



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POTASSIUM

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

Food sources: Banana



Orange Juice



Avocado



VITAMINS & MINERALS

ZINC

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

Food sources:

Beef



Cheese



Yogurt



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Key lesson from today...



eat a balanced variety!

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THANK YOU

*Source: Dietitians of Canada
Health Canada*