

Make it Make Sense!

Vitamins are known to be organic elements that exist in nature. The majority of these vitamins (B, C, A, E, K) are not produced by the body (except D) and are required for the body to operate effectively. If you are unable to obtain these vitamins through diet, supplements are a great way to ensure that you're not missing out! Additionally, minerals are also important to the body and include magnesium, calcium, iodine, and zinc, just to name a few. Similar to vitamins, minerals can also be obtained through supplements.

While supplements are a great way to increase your vitamin intake in a pinch, it is also important to remember that the best way to get your vitamins and minerals is through the intake of healthy, whole foods, and limit your intake of processed foods.



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Understanding Food Supplements and Vitamins



MommyWise

A program of the Indiana Rural Health Association



Vitamins and Minerals

Vitamins fall under two sub-classes: water soluble and fat soluble. The water-soluble vitamins (B and C) are known to dissolve in water. Of the B vitamins there are eight commonly known (B1, B2, B3, B5, B6, B7, B9, and B12) which can be obtained from dietary choices. Vitamin C is fat-soluble, meaning that it can absorb into fats, is known by its common name, ascorbic acid, and is frequently associated with citrus. However, there are other sources of Vitamin C (see below). Now, concerning minerals, there are two categories: Major and Trace. Major minerals are more abundantly found in the body and trace minerals less so. Minerals are involved in many different processes in the body such as fluid balance, hormone regulation, muscle relaxation/contraction, and bone development.

Vitamins B and C

Great sources of vitamin B include whole grains and asparagus for B1, legumes and fish for B6, and tuna and eggs for B12. Vitamin C is known for being found in citrus, but is also found in broccoli, tomatoes, and spinach.

Major Minerals

Common major minerals include calcium (found in milk and dark green leafy vegetables), magnesium (legumes and spinach), and of course, sodium (table salt and soy sauce).

Vitamins A, D, E, and K

Excellent sources of vitamin A include carrots and sweet potatoes, sunlight and fish for vitamin D, leafy greens and whole grains for vitamin E, and eggs, milk, and kale for vitamin K.

Trace Minerals

As indicated by the name, Trace minerals are found in lower amounts throughout the body. It doesn't mean that these minerals are less important. These include iron (green veggies), zinc (shellfish and whole grains), and chromium (chicken and nuts).



We represent balanced living and *lifestyle*

It should be noted none of these examples of vitamins/minerals are exhaustive. There can be crossover between what foods contain these organic elements! It's recommended to diversify one's diet based on color and consider meals that incorporate nuts, fish, and vegetables that may not always be included with meat and carb-focused meals.

Even if that's the case, consider checking your local grocery market for supplements that contain the aforementioned vitamins/minerals in supplemental form if your regular diet doesn't include these sources. Additionally, check with your primary care provider for any recommendations they may have in improving your access to these essential substances.

