



MICRONUTRIENTS

<u>Nutrient</u>	<u>Food Sources</u>	<u>Functions</u>
Calcium	Dairy, green leafy vegetables, broccoli, legumes, almonds, soy	Aids in bone and teeth health; possibly reduces cancer risk
Vitamin A	Butter, liver, green and yellow vegetables, carrots, fortified margarines	Plays a role in visual adaptation to light and dark; maintains the body's primary barrier to infections
Vitamin D	Milk, margarine, fatty fish, liver oils	Synthesized by sunlight; associated with calcium and phosphorous metabolism; aids in bone health and immune function
Vitamin E	Seeds and seed oils, fortified cereals, green leafy vegetables, tomato products	Has antioxidant activity; beneficial in cases of circulatory disturbance
Vitamin B ₁₂	Liver, fortified cereals, wild trout, sockeye salmon, beef, tuna, yogurt	Required for proper red blood cell formation; deficiency symptoms includes: fatigue, depression and poor memory; older adults may experience reduced absorption of vitamin B ₁₂
Thiamin (Vitamin B ₁)	Whole grains, enriched breads and cereals, beef, eggs, fish, legumes, lean pork	Essential for the normal metabolism of fats and carbohydrates
Vitamin B ₆ (Pyridoxine)	Meats, whole grain products, vegetables, nuts, bananas	Needed for the metabolism of amino acids and (to a lesser degree) the metabolism of glucose and fatty acids
Folate (Vitamin B ₉)	Green leafy vegetables, asparagus, milk, poultry, eggs, folic acid-fortified whole grains	Needed to prevent anemia; aids in DNA synthesis and repair
Niacin (Vitamin B ₃)	Meat, peanut grains, legumes, peas	Essential metabolic role in living cells; involved in DNA repair; in large doses, can reverse atherosclerosis by lowering LDL
Riboflavin (Vitamin B ₂)	Milk, organ meats, enriched or whole grains, vegetables	Plays a key role in energy metabolism and metabolism of fats, carbohydrates, and proteins
Iron	Red meats, poultry, seafood, whole grains, legumes, green leafy vegetables, nuts, tofu	Needed for red blood cells and normal enzyme function; deficiency can lead to iron deficiency anemia
Phosphorous	Milk and milk products, lean meats, rye, whole grains, dried fruits, mushrooms, lima beans, nuts	Closely associated with calcium - they are both necessary for bone health



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Magnesium	Nuts, green vegetables, soy beans, cocoa, seafood, whole grains, dried beans and peas	Needed for metabolic function of carbohydrate and protein; present in every cell of every organism
Zinc	Seafood (especially oysters), meat, eggs, legumes, whole grains	Needed for intestinal health and wound healing; elderly and vegetarians at risk for deficiency
Copper	Meat, shellfish, nuts, seeds, legumes, whole grains	Companion to iron; essential in formation of hemoglobin
Potassium	Legumes, whole grains, fruits (i.e. oranges and bananas), leafy green vegetables, broccoli, potatoes, meats	Needed for storage of nitrogen in muscle and cell protein; high potassium may lower risk of hypertension and stroke