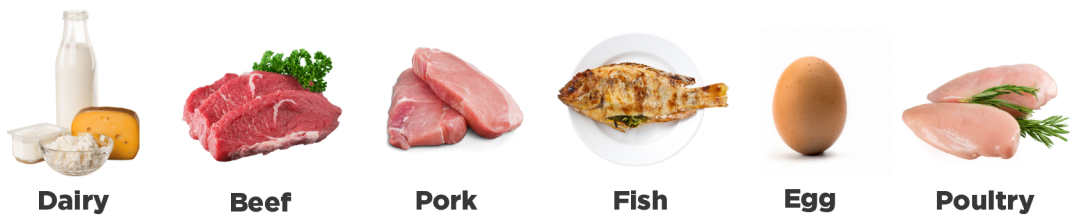
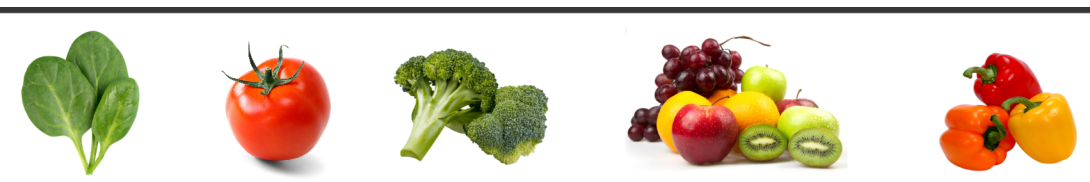
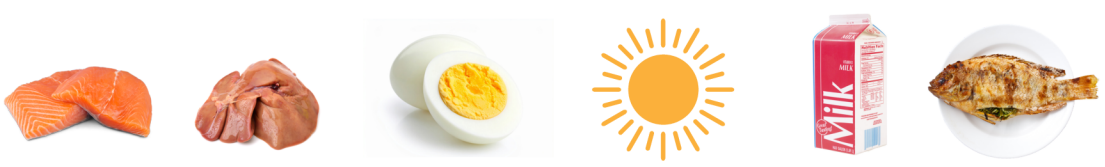
HEALTHY FOODS
VITAMIN CHART

ARKANSAS FOOD BANK

VITAMIN	BENEFITS	FOOD AND SOURCES
A	For healthy vision, skin health, stronger bones and teeth, and reproduction.	 Pumpkin, Spinach, Carrot, Fish, Egg, Liver, Milk
(Thiamin) B1	Helps convert food into energy and is critical for nerve function.	 Soy, Peas, Pork, Spinach, Tomato
(Riboflavin) B2	Helps convert food into energy and supports healthy skin, hair, blood and brain.	 Green Leafy Veggies, Oysters, Dairy, Enriched Wheat, Meat
B3	Helps convert food into energy and is essential for healthy nervous system	 Chicken, Shrimp, Tomato, Spinach, Beef, Avocado, Peanuts
(Riboflavin) B6	Helps make red blood cells and improves sleep, appetite, and mood.	 Milk, Fish, Watermelon, Chicken, Legumes, Peas
B7	Helps convert food to energy and break down glucose.	 Egg, Whole Grain, Fish, Almonds, Soybeans
B9	Vital for new cell creation and DNA synthesis.	 Legumes, Spinach, Tomato, Asparagus, Chickpeas, Green Leafy Veggies
(Cobalamin) B12	Breaks down fatty acids and amno acids, helps make red blood cells.	 Dairy, Beef, Pork, Fish, Egg, Poultry
(Ascorbic Acid) C	Acts as an antioxidant, helps make new cells, and improves immune system.	 Spinach, Tomato, Broccoli, Fruit and Fruit Juices, Peppers
D	Strengthens and helps form bones and teeth via calcium and phosphorus.	 Fatty Fish, Liver, Egg Yolk, Sunlight, Milk, Fish
(a-tocopherol) E	Acts as an antioxidant, helps stabilize cell membranes.	 Tofu, Whole Grains, Avocado, Nuts, Green Leafy Veggies, Bananas
(phylloquinone) K1	Essential for blood clotting and helping to regulate blood calcium.	 Green Leafy Veggies, Liver, Broccoli, Brussel Sprouts, Tomato, Soybeans

KNOW YOUR VITAMINS

ARKANSAS FOOD BANK

Vitamin A



Also known as RETINOL

- ***Sources include Carrots, Green leafy vegetables, and Sweet Potatoes***
- Important for healthy vision
- Its Deficiency causes NIGH BLINDESS also known as XEROPHTHALMIA

Vitamin B



Also known as VITAMIN B COMPLEX

- ***Sources include Animal and Dairy products.***
- Important for converting food into fuel, thus providing energy to the body.
- List of Vitamin B includes Vitamin B1, B2, B3, B5, B6, B7, B9, and B12.

Vitamin C



Also known as ASCORBIC ACID

- ***Sources include Citrus fruits, Berries, and Tomatoes.***
- Important for growth and maintenance of all body tissues for healing wounds.
- Its Deficiency causes SCURVEY.

Vitamin D



Also known as CALIFEROL

- ***Sources include Fatty fish such as Salmon, Egg yolk, and Cheese.***
- Important for maintaining strong bones and teeth.
- Its Deficiency causes RICKETS.

Vitamin E



Also known as TOCOPHEROL

- ***Sources include Almonds, Peanuts, and Soyabin Oil***
- Important for providing immunity and fertility in males.
- Its Deficiency causes NERVE DAMAGE.

Vitamin K



Also known as PHYLLOQUINONE

- ***Sources include Collard Greens, Kale, and Spinach.***
- Important for Blood Clotting.
- Its Deficiency causes HEMORRHAGIC DISEASES.

ARKANSAS FOOD BANK

NUTRIENTS & MINERALS IN FOODS

NUTRIENTS

PROTEINS

Large, complex molecules, that play many critical roles in the body. They do most of the work in cells and are required for the structure, function, and reulation of the body's tissues and organs



Milk


Eggs


Tofu


Meat


Fish


Cheese


Legumes


Lentils


Nuts

CARBOHYDRATES

The primary source of energy for the body, providing structural constituents for the formation of cells.


Strawberry


Quinoa


Bananas


Corn


Apples


Lentils


Blueberries


Oats


Rice

FATS

Fat helps the body absorb vitamin A, vitamin D, and vitamin E. It also provides stored energy, functions as structural components of cells, and facilitates cellular communication.


Legumes


Chocolate


Yogurt


Cacao


Seeds


Cheese


Avocado


Whole Eggs


Fatty Fish


Nut Butter

MACROMINERALS FOUND IN FOOD

CALCIUM

Calcium is critical for bone health, optimal muscle activity, and other body processes such as blood clotting and heart function.


Almonds


Oranges


Dairy Products


Chickpeas


Broccoli


Legumes

PHOSPHORUS

Phosphorus plays a role in building and maintaining bones and teeth, as well as producing ATP.


Dairy Products


Garlic


Peanuts


Shrimp


Beef


Almonds

POTASSIUM

Healthy potassium levels support kidney function, moderates blood pressure, bone strength, and muscle mass. It helps move nutrients into cells, and waste products out of cells.

Bananas

Avocado

Spinach

Potatoes

Beets

Cantaloupes

SODIUM

Sodium is essential for many body functions including fluid balance, nerve health, nutrient absorption, and muscle function.

Mango

Lentils

Nuts

Boiled Eggs

Cottage Cheese

Legumes

MAGNESIUM

Magnesium is involved in over 300 enzyme reactions including energy production and DNA synthesis.

Quinoa

Yogurt

Figs

Avocado

Nuts

Spinach

SULFUR

Sulfur is a component of amino acids and proteins necessary for metabolism and bone structure.

Beef

Dairy Products

Quinoa

Legumes

Oats

Cabbage

MICROMINERALS FOUND IN FOOD

IRON

Iron is an essential mineral with numerous health benefits, including preventing anemia, strengthening the immune system, and promoting sleep.

Shellfish

Meat

Spinach

Potatoes

Apricots

Broccoli

ZINK

Zinc supports the immune system, wound healing, and is necessary for over 100 enzymes.

Nuts

Cheese

Milk

Eggs

Yogurt

Spinach

IODINE

Iodine is important for thyoid hormone production affecting growth and metabolism.

Shrimp

Iodized Salt

Scallops

Tuna

Seaweed

Prunes

SELENIUM

Selenium plays an important role inthe health of your immune system and antioxident protection.

Tuna

Brown Rice

Oats

Bananas

Meat

Lentils

COPPER

Copper plays a role in red blood cell production and maintains nerves and the immune system.

Potatoes

Mushrooms

Avocado

Lentils

Quinoa

Crab

MANGANESE

Manganese participates in fat an carbohydrate metabolism, bone formation, and nervous system function.

Quinoa

Strawberry

Tofu

Seeds

Pineapple

FLUORIDE

Fluoride is essential for strong teeth and prevention of tooth decay.

Tea

Fluoridated Water

Fish

Grapes

Potatoes

Coffee

CHROMIUM

Chromium is involved in the action of insulin as well as metabolism of protein, carbohydrates, and fats.

Tomatoes

Oranges

Broccoli

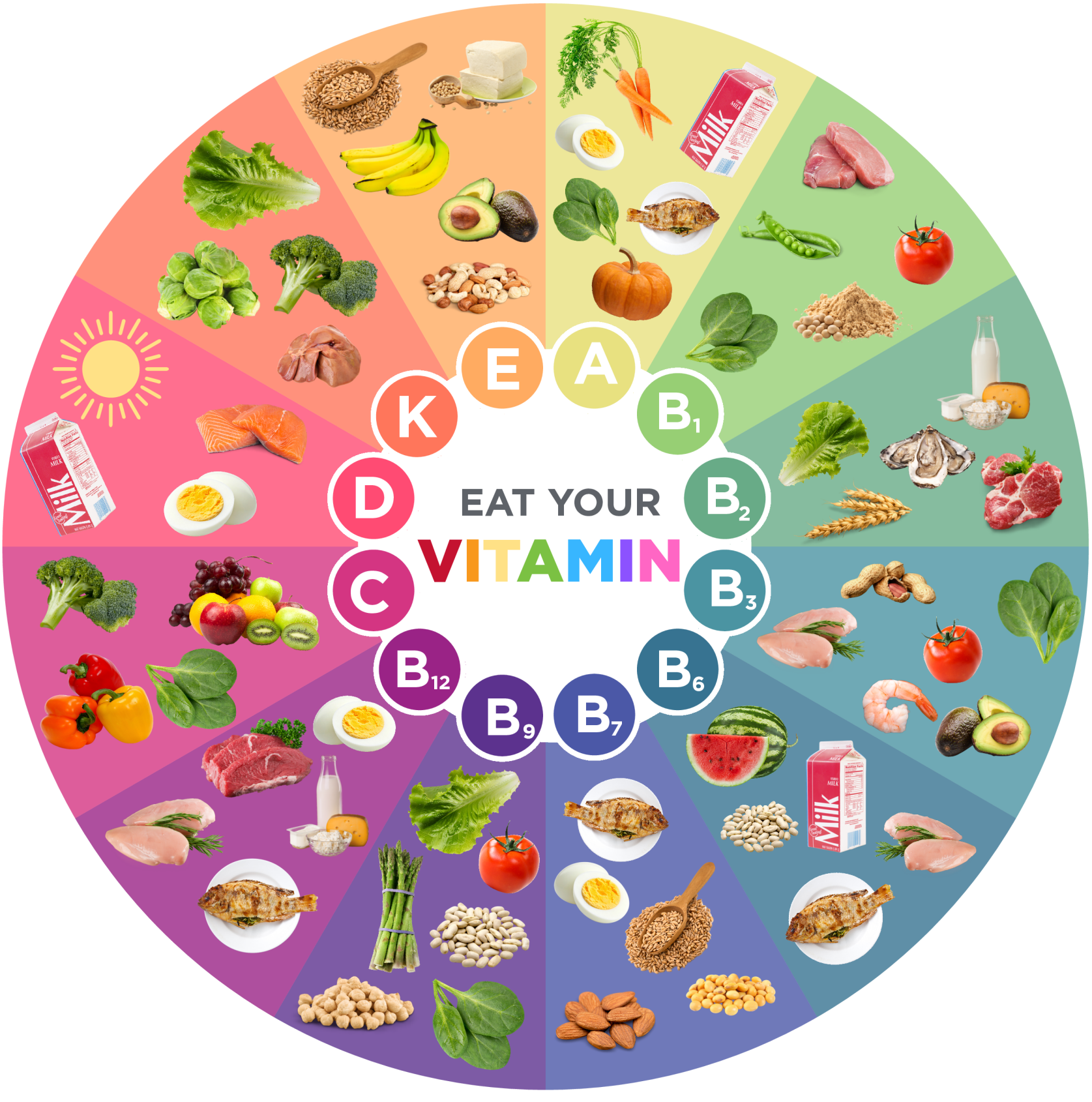
Meat

Apple

Quinoa

ARKANSAS FOOD BANK

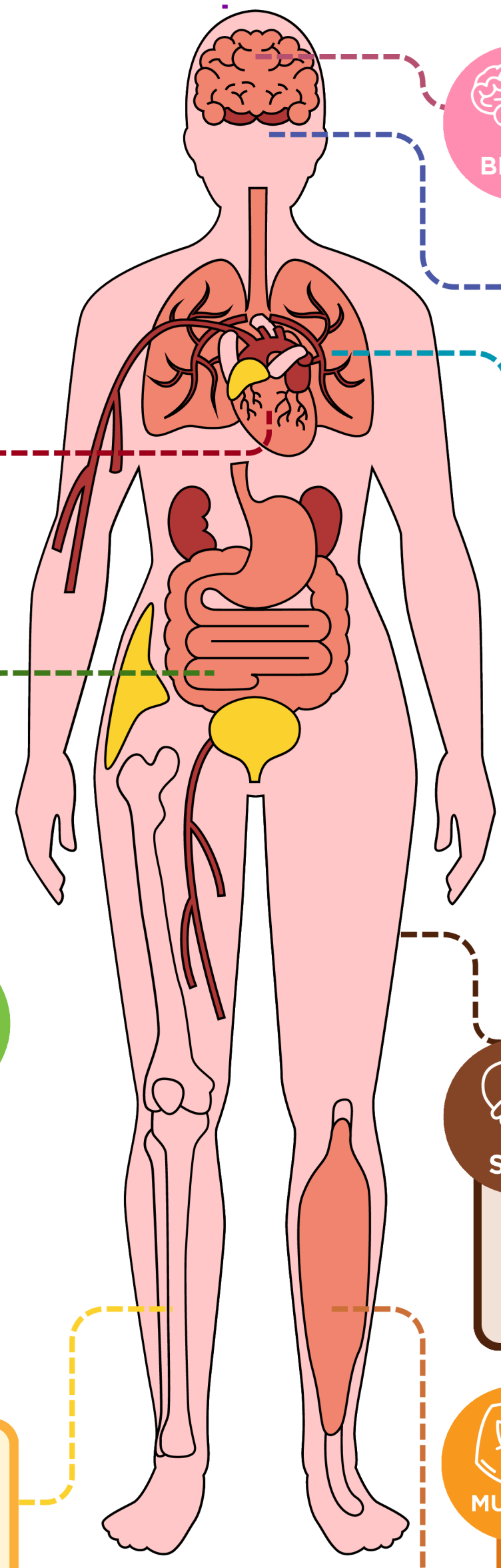
EAT THE RAINBOW



COLOR	NUTRIENTS	HEALTH BENEFITS	TYPES
RED	Vitamin A, C, manganese, antioxidants (quercetin, lycopene)	Reduces risk of cancer and heart disease, decreases inflammation, increases immunity, eye/skin/hair health	Tomatoes, red peppers, beets, radishes, red apples, red potatoes, grapefruit, cherries, raspberries, strawberries, watermelon
GREEN	Vitamin K, B-Vitamins, folate potassium, antioxidants (Chlorophyll, carotenoids, lutein)	Promotes eye and lung health, liver function, & healthy cell production. Reduces risk of cancer, increases blood clotting, & lowers blood pressure.	Broccoli, cabbage, brussel sprouts, cucumbers, green peppers, dark leafy greens, peas, asparagus, green beans, pears
ORANGE/YELLOW	Vitamin C, A, B6, potassium, folate, antioxidants (beta-carotene, lutein, alpha-carotene)	Reduces risk of cancer and heart disease, promotes eye/skin/hair health, increases immunity, decreases inflammation.	Carrots, orange/yellow peppers, squash, sweet potatoes, pumpkin, oranges, bananas, apricots, cantaloupe, nectarines, pineapple
BLUE/PURPLE	B-Vitamins, antioxidants (anthocyanins, resveratrol, flavonoids)	Reduces risk of cancer and heart disease, protects cells from damage, improves memory, prevents aging.	Eggplant, red onions, purple cabbage, purple potatoes, blueberries, blackberries, plums
WHITE	Vitamin C, K, folate, potassium, antioxidants, (allicin, quercetin, anthoxanthins	Lowers cholesterol, reduces risk of cancer and heart disease, protects cells from damage, increases immunity, promotes eye/skin/bone health.	Cauliflower, garlic, jicama, mushrooms, onions, parsnips, turnips, potatoes, rutabagas

ARKANSAS FOOD BANK

BEST FOODS FOR YOUR BODY



HAIR


salmon


green vegetables


beans

BRAIN


salmon


tuna


walnuts


sardines

EYES


eggs


corn


carrot

HEART


tomatoes


prune juice


potatoes

LUNGS


broccoli


cabbage


brussel sprouts

BOWELS


yogurt


prunes

SKIN


blueberries


salmon

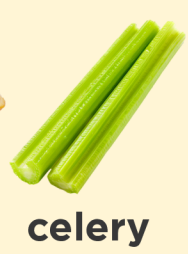

green tea

BONES



milk


oranges


celery

MUSCLE


fish


red meat


eggs


bananas

PROUD SCHOOL MARKET PARTNER



ARKANSAS

FOOD BANK