

Vitamins and Minerals

You won't fill out every cell for every vitamin or mineral, but the headers will prompt you to consider multiple aspects of how we consume, digest, absorb, and use different vitamins and minerals (V/M) and the implications for nutrition care.

For **properties**, consider: does the V/M inhibit the absorption of other nutrients? Is it absorbed easier when combined with other nutrients? What are the implications for a nutrition care plan? Example: vitamin C and iron; dairy and iron

For **function and metabolism**, consider: What does the V/M do in our body once in the blood stream? What organs does it go to? To absorb it, does our body need to make any modifications (example: folate). Is the type of V/M or specific structure of it different depending on the source (example: heme and non-heme iron, folate and folic acid) and does that affect how we absorb it? Do we typically check blood levels of that V/M? If so, what are normal limits? What does it mean if its high or low?

For **sources**, consider the different forms of V/M and dietary sources, supplements, etc. If you noted in the previous section that there are different structures, name that structure and add here (example: dietary – folate, supp – folic acid).

For **deficiencies**, describe any named syndromes (example: Beri beri) and the associated symptoms and treatment.

	Properties	Function and Metabolism	Sources	Deficiencies
Chromium				
Sodium				
Potassium				

	Properties	Function and Metabolism	Sources	Deficiencies
Sulfur				
Choline				
Zinc				
Iodine				
Fluorine				
Copper				

	Properties	Function and Metabolism	Sources	Deficiencies
Selenium				
Manganese				
Niacin				
Folate				
Vitamin B6 Pyridoxine				
Vitamin B12				

	Properties	Function and Metabolism	Sources	Deficiencies
Pantothenic Acid				
Ascorbic acid				
Biotin				
Myo-Inositol				
Calcium				
Phosphorus				

	Properties	Function and Metabolism	Sources	Deficiencies
Iron				
Magnesium				
Vitamin A				
Vitamin D				
Vitamin E				
Vitamin K				

	Properties	Function and Metabolism	Sources	Deficiencies
Vitamin B1 Thiamin				
Vitamin B2 Riboflavin				