

Front



Important Food Sources of Essential Vitamins & Minerals

Calcium

Milk, Cheese, Yogurt, Sardines & Green leafy vegetables.

Phosphorous

Milk, Cheese, Yogurt & Meat.

Magnesium

Green leafy vegetables, Nuts, Seeds & Milk.

Zinc

Beef, Shellfish, Dried beans, Peas, Cheese & Milk.

Iron

Beef, Liver, Meats, Poultry, Dried beans & peas.

Vitamin A

Milk, Cheese, Liver, Tomatoes, Yellow/orange fruits & vegetables.

Thiamin (B1)

Pork, Ham, Meats, Milk, Yogurt, Dried beans & peas.

Riboflavin (B2)

Milk, Yogurt, Meats & Cheese.

Niacin

Meats and fish, Peanuts, Dried beans and peas, Whole grains & Milk.

Folacin

Vegetables, Oranges, Liver, Milk Dried beans & peas.

Vitamin B6

Meats and fish, Vegetables and fruits, Dried beans and peas, Milk & Yogurt.

Vitamin B12

Animal products, such as milk, meats, fish & eggs.

Vitamin C

Citrus fruits, Tomatoes, Cantaloupe & Green Peppers.

Vitamin D

Fortified milk, Margarine, Liver & Eggs.

Vitamin E

Vegetable oil, Grains, Vegetables & fruits.

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Back



MILK is a source of energy and essential nutrients. Make milk a part of your healthy active lifestyle.

Protein

For building and repairing body tissue.

Carbohydrates

A main source of energy for body cells.

Fat

For energy, helps transport fat-soluble vitamins and synthesize hormones.

Calcium

For strong teeth and bones, muscle contraction, blood clotting, nerve function, blood pressure.

Phosphorous

For strong teeth and bones.

Magnesium

For strong teeth and bones.

Zinc

For tissue repair.

Vitamin A

For healthy skin, eyes and night vision.

Vitamin D

For optimal absorption of calcium and phosphorous.

Riboflavin

For healthy skin, eyes and nerves.

Thiamin

For converting carbohydrates into energy and a healthy appetite.

Niacin

For normal growth and development of nerves and digestive tract.

Folacin

For red blood cell formation.

Vitamin B6

For red blood cell formation and antibodies.

Vitamin B12

For healthy blood cells, nerves and digestion.

