**Vitamin A**: good for your eyes; broccoli, carrots, liver, cantaloupe

**Vitamin B**: actually several B vitamins(thiamin, niacin, riboflavin), essential for processing carbs, mental agility; grains, milk, poultry, meat

**Vitamin C**: helps control cholesterol levels, ward off symptoms of cold/flu, CVD, immune system; cantaloupe, broccoli, OJ, green/red peppers

**Vitamin D**: greatly reduces the risk of age-related disorders(dementia/Alzheimers), promote bone growth, body MAKES it using sunlight;

**Vitamin E**: protects our skin from UV rays/premature aging/skin cancer, builds strong immunity; vegetable oils, spinach, fortified cereals, eggs, nuts

**Vitamin K**: protects cells, blood clotting; fruits/veggies, beans, eggs, strawberries, meat

**Iron**: prevents hair loss, low iron is the most common deficiency, helps transport oxygen to body; liver, meats, beans, nuts, brown rice, dark green leafy veggies

**Calcium**: strengthens your bones; dairy, almonds

**Potassium**: helps lower HBP, helps heart to beat; potatoes, tomatoes, avocados, OJ, spinach

**Sodium**: helps maintain normal heart rhythm, but too much can raise BP; most packaged foods have sodium.

**Omega 3/6:** reduces risk of heart attacks, lowers HBP, helps with inflammation; if you don’t like fish to get these, you can eat these foods and your body will CONVERT what’s called lineolic acid to omega 3/6—walnuts, flaxseed oil, olive oil. Americans really do get most of the omega 3/6 they need through their diet.