Your body needs vitamins and minerals to help you work and play.

There are many vitamins and minerals in foods we eat, but only two vitamins and two minerals are listed on the Nutrition Facts food label.

What foods are good sources of these vitamins and minerals?

### Vitamin A
- dark green leafy vegetables
- deep yellow fruits and vegetables
- sweet potatoes
- greens
- carrots
- liver
- egg yolk
- pumpkin
- broccoli

### Vitamin C
- oranges
- potatoes
- strawberries
- cantaloupe
- grapefruit
- sweet potatoes
- tomatoes
- broccoli

### Calcium
- skim or low fat milk
- low fat cheese
- dark green leafy vegetables
- broccoli
- baked beans

### Iron
- lean meats, fish, and poultry
- green, leafy vegetables
- enriched cereal
- egg yolk

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**Vitamin A**

This vitamin is good for your eyes. It helps you see better in dark places and at night.

**Calcium**

This mineral builds strong bones and teeth for kids and adults. It also helps muscles move smoothly.

**Vitamin C**

This vitamin helps your body fight off sickness. It also keeps your gums healthy and helps heal your skin if it gets hurt.

**Iron**

This mineral keeps your blood healthy. It also keeps you from getting tired too fast.
How can % Daily Value Help?

The Nutrition Facts food label makes it easy to see how much of a vitamin or mineral you get in one serving of a food. The % Daily Value shows you how much of the vitamin or mineral you get of the total amount you need in a day. Your goal is to get 100% of the vitamins and minerals each day.

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For more information, call your county Extension office. Look in your telephone directory under your county’s name to find the number.

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