HUH?



ACT Vitamins & Minerals

Dr. Gita Sharma, Indigenous & Global Health Research Group Faculty of Medicine & Dentistry, University of Alberta



You eat healthy because you know it's good for you, but do you really understand why?





Food contains macro & micronutrients

https://www.youtube.com/watch?v=gQISI6j0srU





What are macronutrients?

Fat, Carbohydrates (sugar), & Protein

What are micronutrients? Vitamins & Minerals



Let's investigate...

so you can understand WHY you need these vitamins and minerals!



VITAMINS...

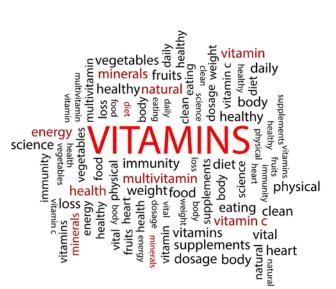
maintain your body functions and protect you from disease





VITAMINS...

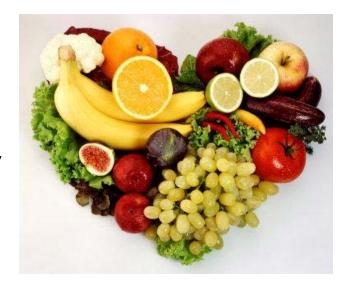
- essential part of a healthy diet
- without, your body would not be able to function and maintain itself.
- deficiency = critical condition or poor health





3 main roles of vitamins:

- a. Build immune system
- b. Growth & repair
- c. Metabolize food into energy





a. Build & Enhance Immune System

Vitamin A
Vitamin C
Vitamin E

enhance immune system, reduce illness (cold to cancer)





(fat-soluble, stored in body)

- keeps immune system healthy

Food sources: Sweet potato



Pumpkin



Carrots









(water-soluble, not stored in body, excess lost in urine)

- growth & repair of bones, teeth, skin & other tissues
- helps prevent cell damage, protects from infections

Food sources: Red/Yellow peppers



Citrus fruit

Strawberries









VITAMIN (



(fat-soluble)

- antioxidant, helps protect cells from damage
- mainly in foods that contain fat

Food sources:

Eggs



Vegetable oil



Almonds





b. Growth & Repair

Vitamin **A**

Vitamin **D**





(fat-soluble, stored in body)

- maintains & strengthens eyesight & night vision
- grows new cells for skin, bones and hair to maintain their development & strength

Food sources: Sweet potato



Pumpkin

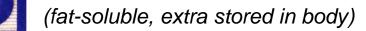


Carrots









- helps body absorb calcium for strong bones & teeth
- can protect against infections by keeping immune system healthy

Food sources: Salmon

Fortified Milk

Yogurt

Sunlight











c. Metabolize Food into Energy

B Vitamins





 breaks down/metabolizes carbs, proteins & fat into energy from the food you eat, then released for use throughout the body

Food sources:

Milk (B12)

Tuna (B6)

Instant Oatmeal (B1)







MINERALS...

essential nutrients, needed in small amounts





MINERALS...

- do not give you energy or calories
- body cannot make, must obtain through healthy, balanced diet





Common Minerals:

- a. Calcium
- b. Iron
- c. Magnesium
- d. Potassium
- e. Zinc





CALCIUM

- builds bones & teeth, helps keep them strong
- slows down bone loss as you get older
- helps muscles work properly (like your heart)

Food sources:

Milk

Cheese

Yogurt









LACTOSE INTOLERANT?

There are other great ways to obtain calcium...

Food sources:

Salmon

Spinach

Tofu









IRON

- carries oxygen in your blood to all parts of the body
- prevents you from feeling tired

Food sources:

Fish

Chickpeas

Nuts/Seeds









MAGNESIUM

- keeps nerves & muscles strong
- helps form bones & teeth

Food sources: Spinach

Black beans

Sunflower seeds









POTASSIUM

- keeps fluids balanced in nerves & tissues
- helps control blood pressure
- allows nerves and muscles to work together

Food sources: Banana Orange Juice Avocado









ZINC

- needed for growth & development
- maintains healthy immune system, wound healing
- helps the body use other nutrients

Food sources:

Beef

Cheese

Yogurt









WHY ACT VITAMINS & MINERALS NOW

Key lesson from today...



eat a balanced variety!



THANK YOU

Source: Dieticians of Canada Health Canada