

<p>Water-soluble vitamins: B vitamins and vitamin C</p>	<p>Functions: Their main job is to produce energy, but they also help prevent cell damage from metabolic stress and are needed to create red blood cells</p>	<p>Good food sources: Whole grains, eggs, leafy greens (such as spinach), fish, lean meat, citrus fruits and bell peppers</p>
<p>Fat-soluble vitamins: Vitamins A, D, E and K</p>	<p>Functions: Protect vision, strengthen the immune system, support blood clotting and provide antioxidants to fight inflammation</p>	<p>Good food sources: Leafy greens, almonds, sweet potatoes, milk and soybeans</p>
<p>Microminerals: Microminerals are common minerals like calcium, phosphorus, magnesium, sodium and potassium</p>	<p>Functions: Maintain muscle and bone strength and control blood pressure</p>	<p>Good food sources: Milk products, leafy greens, black beans, lentils, bananas and fish (such as salmon)</p>
<p>Trace minerals: Iron, manganese, copper, zinc and selenium</p>	<p>Functions: Help with feeding oxygen to muscles, supporting nervous system function, healing wounds and defending cells against damage from stress</p>	<p>Good food sources: Oysters, spinach, pecans, peanuts and cashews</p>

Chart created and adapted from Harvard Medical School