

Vitamins & Minerals

Fueling your body with balanced nutrition will help you meet daily vitamin and mineral needs, stay healthy, and prevent illness. An immune system fueled by balanced eating habits will be more effective at fighting diseases.

To promote a strong immune system, consume a variety of foods of all different colors! Certain vitamins and minerals are especially beneficial for your immune system like vitamin C, vitamin D, and zinc.

Vitamin D fatty fish, egg yolks, fortified dairy, fortified cereal

Most people in the U.S. consume less than the recommended amount.

Recommended Daily Allowance: 15 mcg/day for adults 19–70 years
20 mcg/day for adults 70+

Taste Test: Fish are a great source of Vitamin D– just 3 ounces of salmon have 14 mcg.



Vitamin C citrus fruit, berries, melons, peppers, tomatoes, broccoli

Most people in the U.S. consume enough Vitamin C; deficiency is rare.

Recommended Daily Allowance: 90mg/day for adult males
75mg/day for adult females

Taste Test: Choose fresh fruit as a snack– just 1 cup of strawberries has 90mg of vitamin C.



Zinc seafood, red meat, eggs, dairy, fortified cereal

Most people in the U.S. consume enough zinc, but some people may not– for example, older adults, women who are pregnant or breastfeeding, and vegan diets.

Recommended Daily Allowance: 11mg/day for adult males
8mg/day for adult females

Taste Test: Add lean beef to a meal– just 3 oz of roasted sirloin has 3.8 mg of zinc.



Contact your local extension office to learn about health programs in your area.

Find your local office at ext.vt.edu/offices.html or scan the QR code.



Balanced meals can provide your body with all the vitamins you need.

If you have concerns about your vitamin or mineral intake, talk to a healthcare provider.

Never begin taking supplements without talking to a doctor first.

Fruits

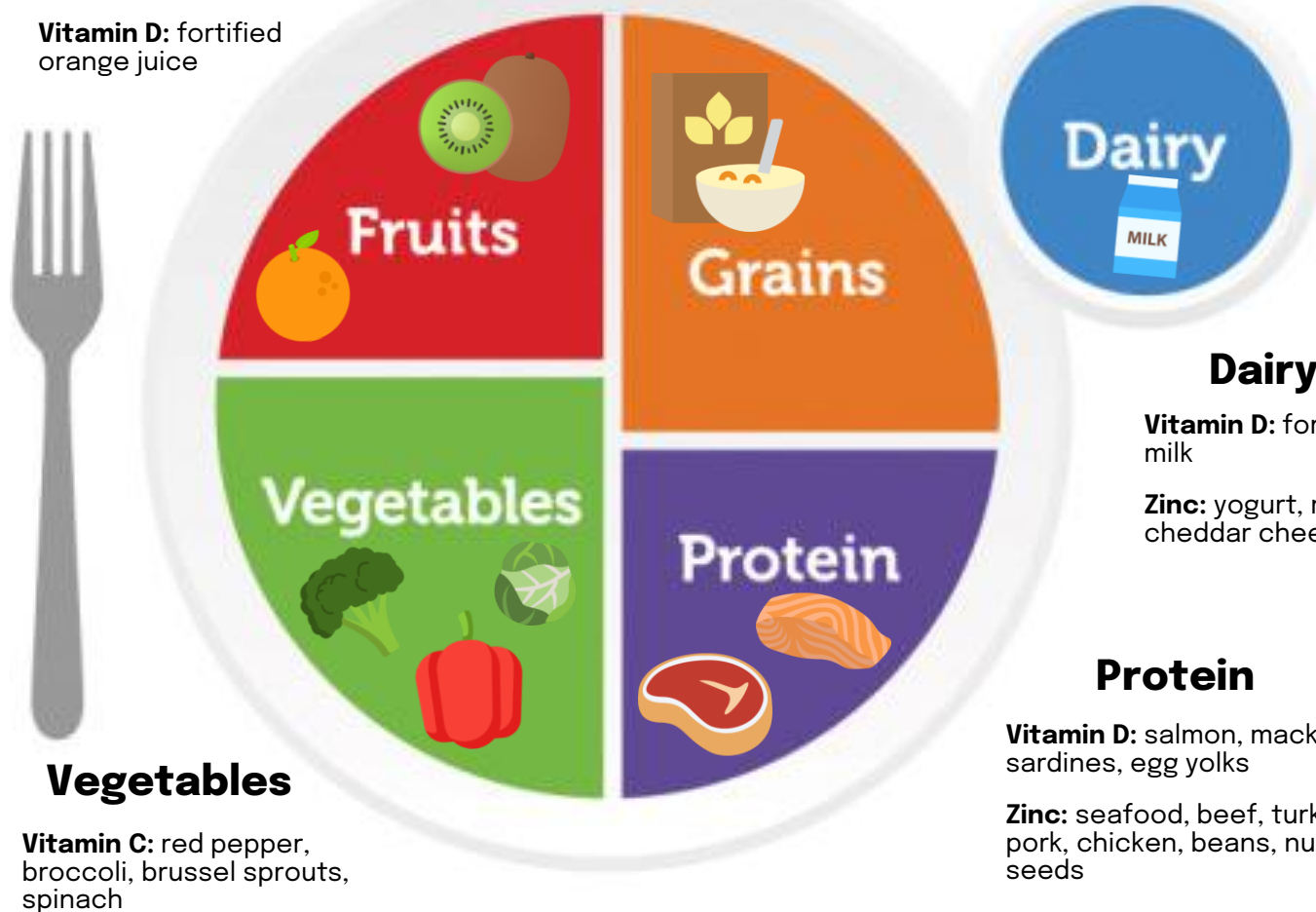
Vitamin C: citrus fruits, berries, kiwi, melons, banana, apple

Vitamin D: fortified orange juice

Grains

Vitamin D: fortified cereal

Zinc: fortified cereal



Dairy

Vitamin D: fortified milk

Zinc: yogurt, milk, cheddar cheese

Protein

Vitamin D: salmon, mackerel, sardines, egg yolks

Zinc: seafood, beef, turkey, pork, chicken, beans, nuts, seeds

One of the best ways to get the vitamins and minerals you need is to color your plate with a variety of foods! Use MyPlate as a guide to add variety and color to your meals. You may also want to consider vaccinations to help your immune system fight infectious diseases.

Try the VCE vaccine ambassador training for trusted information about vaccinations. Ask your local agent for more details.

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