

Natural Sources of Vitamins and Minerals

Ayurveda principles suggest people derive nutrients essential for their body through food. The case of vitamins is no different. Find below natural food sources of various vitamins. Make sure to include variety of vegetables, fruits, nuts and grains in your daily diet. Vitamin D is not produced by plants. Vegans don't worry; vitamin D3 is produced in our body, with the help of sunlight. Plants produce vitamin D2.

Food sources for Vitamin A, Natural Sources of Vitamin A Vitamin A, also called retinol is essential for good eyesight, bone health and for a healthy glowing skin. The food items that contain vitamin A are carrot, radish, pumpkin, broccoli, barley, turnip, apricot, wheat, maize, potato, peas, egg, chicken meat, linseed, mango, orange, sweet potato and cilantro. Overcooking can lose Vitamin A. Food sources for Vitamin B, Natural Sources of Vitamin B

Vitamin B complex has several vitamins Vitamin B1 (Thiamin) – Whole grains, soybeans, legumes, nuts, kidney and liver contain vitamin B1. Vitamin B2 (Riboflavin) – Vitamin B2 supplied by grains, broccoli, spinach, asparagus, milk and meat. Vitamin B3 (Niacin) _ Spinach and green vegetables, potatoes, tomato, tuna, shrimp etc are sources of Niacin. Vitamin B6 (Pyridoxine) – Whole grains, nuts, legumes, egg yolk, chicken and mutton are sources of vitamin B6. Vitamin B12 (Cobalamin) - Vitamin B12 Kidney, liver, salmon, sardines, etc are main sources. Almost absent in plant sources. Vitamin C Indian gooseberry, orange, broccoli, cauliflower, pineapple, strawberries, fresh fruits and citrus fruits are natural sources of vitamin C. Vitamin C in Indian gooseberry is retained after cooking. Vitamin D Produced on human skin with help of sunlight, vitamin D is also present in egg yolk, fish and liver. Vitamin E – Green vegetables, soybean, sunflower seeds, wheat germ, shrimp and cod are good source of vitamin E. Vitamin K – produced inside body, vitamin K is also found in green vegetables. Lettuce, cabbage, spinach, cauliflower and cereals are good source of vitamin K. Sources of Minerals Some minerals essential for body and their sources listed below. Body requires some minerals in very small quantities and some minerals in larger quantities. Calcium Essential for healthy bones, teeth and nervous system, calcium is found in milk and dairy products, cabbage, broccoli, salmon and seafood. Fluoride Helps in the formation of bones and teeth and resists tooth decay. Found in seafood. Iron Essential part of blood hemoglobin, iron is present in spinach, tomato, broccoli, green vegetables, parsley, shrimp, beef liver etc. Iodine A component of thyroid hormone, that regulates growth and development of an individual, iodine is found in sea salt and sea food. Milk and wheat also has iodine in very small quantities. Phosphorus Essential for the formation of cells and tissues, bones, teeth and essential element in maintaining optimum pH balance, phosphorus is found in grains, milk, egg, fish and meat. Magnesium Required for healthy bones, teeth, healthy nervous system and proper energy metabolism, magnesium is found in green vegetables, legumes, fish, poultry and meat products.

There is no point in depending on any daily food single food item for any specific vitamin or mineral requirement. Include all the different types of fruits, grains and nuts in your . Vegetarians include an extra amount of pulses and green peas to ensure optimum protein supply. Include all the different items in your daily menu. It ensures your body gets all essential nutrients in the right amount source : <http://www.keralaayurvedics.com>