

# Appendix 1: Essential nutrients

The missing answers are shown in italics.

Nutrient	Good for	Found in
Vitamin B1 (thiamin)	Releasing energy from food. It also helps our nervous system and heart to function normally.	<i>Bread, fortified breakfast cereals, nuts and seeds, meat (especially pork), beans and peas.</i>
Vitamin B2 (riboflavin)	Releasing energy from food, reducing tiredness, and helping to maintain normal skin and a normal nervous system.	Milk and milk products, eggs, fortified breakfast cereals, offal, some oily fish (such as mackerel and sardines), mushrooms and almonds.
Vitamin B3 (niacin)	Releasing energy from food, reducing tiredness, and helping to maintain normal skin and a normal nervous system.	Meat, poultry, fish and shellfish, wholegrains (brown rice, wholewheat pasta and quinoa), bread and some nuts and seeds (peanuts and sesame seeds).
Vitamin B6	Helping to make red blood cells, which carry oxygen around the body. It h also helps our immune system to work properly, regulates hormones and helps to reduce tiredness.	Meat, poultry, fish, fortified breakfast cereals, egg yolk, yeast extract, soya beans, sesame seeds, fruit and vegetables (such as banana, avocado and green pepper).
Vitamin B12	<i>Helping to make red blood cells. It helps the nervous system function normally, and helps to reduce tiredness.</i>	Meat, fish, shellfish, milk, cheese, fromage frais, eggs, fortified yeast extract and fortified breakfast cereals.
Folate/Folic acid	Helping to make red blood cells, reducing tiredness, and helping the immune system to work as it should. It is also needed for normal development of the nervous system in unborn babies.	Green leafy vegetables, some breads (such as malted wheat and brown bread), offal, peas and beans, oranges, berries and fortified breakfast cereals.
Vitamin C	Protecting cells from damage. It helps form collagen, which is important for bones, gums, teeth and skin. It also helps the immune system and the nervous system to function normally.	<i>Fruit (especially citrus fruits, blackcurrants, strawberries, papaya and kiwi), green vegetables, peppers and tomatoes.</i>
Vitamin A	Helping the immune system to function normally. It also helps with vision and assists the maintenance of normal skin.	Liver, cheese, eggs, dark green leafy vegetables and orange-coloured fruits and vegetables (such as carrot, sweet potato, butternut squash and cantaloupe melon).

Vitamin D	Helping the body to absorb calcium and to build and maintain healthy muscles and bones..It also helps the immune system to work as it should.	<i>Oily fish, eggs, fortified breakfast cereals and fat spreads. In spring/ summer, the majority of people will get most of their vitamin D through the action of sunlight on the skin.</i>
Vitamin E	<i>Helping to protect the cells in our bodies against damage.</i>	Vegetable and seed oils (such as olive, rapeseed, sunflower, peanut), nuts and seeds (such as sunflower seeds and almonds), avocados and olives.
Vitamin K	Helping the normal clotting of blood. Also required for normal bone structure.	Green vegetables (including leafy greens, broccoli, green beans and peas) and some oils (such as rapeseed, olive and soya).
Calcium	Helping to build and maintain strong bones and teeth. It also helps nerves and muscles to function normally and enables blood to clot normally.	Milk, cheese, yogurt, fromage frais, some green leafy vegetables (kale), calcium-fortified dairy alternatives, canned fish and breads (white, brown and wholegrain).
Fluoride	Helping to form strong teeth and to reduce the risk of tooth decay.	<i>Tap water, tea (and toothpaste).</i>
Iodine	Helping to make thyroid hormones. It also helps the brain to function normally.	Milk, yogurt, cheese, fish, shellfish, and eggs (and some fortified dairy alternatives).
Iron	<i>Helping to make red blood cells. It also helps the immune system to work and helps the brain to function normally.</i>	Offal, red meat, beans, pulses, nuts and seeds, fish and shellfish (such as canned sardines and mussels), quinoa, wholemeal bread and dried fruit.
Magnesium	Helping to release energy from food and to maintain strong bones. It also helps with normal muscle and nerve function.	Nuts and seeds (such as Brazil nuts and sunflower seeds), wholegrain breakfast cereals, wholegrain and seeded breads, brown rice and quinoa.
Phosphorus	Helping to build strong bones and teeth, and to release energy from food.	Red meat, poultry, fish, milk, cheese, yogurt, eggs, bread and wholegrains (such as brown rice and wholewheat pasta).
Potassium	Helping to regulate the water content in the body and to maintain a normal blood pressure. It also helps the nerves and muscles to function normally.	Some fruit and vegetables (banana, blackcurrants, avocado, spinach, parsnip and beetroot), dried fruit (apricots, sultanas and figs), poultry, red meat, fish, milk and wholegrain breakfast cereals.

Selenium	Helping to protect the cells in our bodies against damage. It also helps the immune system to work as it should, helps to maintain normal skin and nails, and is important for normal fertility in males.	Some nuts and seeds (such as Brazil nuts, cashews and sunflower seeds), eggs, offal, poultry, fish and shellfish.
Sodium	<i>Helping to regulate the water content in the body.</i>	Often added as salt (sodium chloride) during processing, preparation, preservation and serving. Currently intakes of sodium are too high, and most people need to reduce their intake substantially.
Zinc	Helping to contribute to normal mental skills and abilities. It also helps to maintain normal hair, skin and nails, and helps with the healing of wounds.	Meat, poultry, cheese, some shellfish (crab, cockles and mussels), nuts and seeds (such as pumpkin seeds and pine nuts), wholegrain breakfast cereals and wholegrain and seeded breads.