**Micronutrients**

1) Complete the table below.

|  |  |  |  |
| --- | --- | --- | --- |
| Nutrient | Source(s) | Function(s) | Notes |
| Vitamins | | | |
| Vitamin A  Retinol  Carotene |  |  |  |
| Vitamin D |  |  |  |
| Vitamin E |  |  |  |
| Vitamin K |  |  |  |
| Thiamin (B1) |  |  |  |
| Riboflavin (B2) |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | | Source(s) | | Function(s) | Notes | |
| Vitamins | | | | | | |
| Niacin (B3) |  | |  | | |  |
| Vitamin B6  (Pyridoxine) |  | |  | | |  |
| Vitamin B12  (Cyanocobalamin) |  | |  | | |  |
| Folate / Folic acid Vitamin B9 |  | |  | | |  |
| Vitamin C  (Ascorbic acid) |  | |  | | |  |
| Minerals | | | | | | |
| Calcium |  | |  | | |  |
| Phosphorous |  | |  | | |  |
| Iron |  | |  | | |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | | Source(s) | | Function(s) | Notes | |
| Sodium |  | |  | | |  |
| Potassium |  | |  | | |  |
| Fluoride |  | |  | | |  |