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Mineral	Function	Food Sources																				
<p>Calcium</p> <table border="1"> <thead> <tr> <th>Age</th> <th></th> <th></th> <th>Upper Limit</th> </tr> </thead> <tbody> <tr> <td>14-18</td> <td>1300mg</td> <td>1300mg</td> <td>3000mg</td> </tr> <tr> <td>19-50</td> <td>1000mg</td> <td>1000mg</td> <td>2500mg</td> </tr> <tr> <td>51-70</td> <td>1000mg</td> <td>1200mg</td> <td>2000mg</td> </tr> <tr> <td>71+</td> <td>1200mg</td> <td>1200mg</td> <td>2000mg</td> </tr> </tbody> </table>	Age			Upper Limit	14-18	1300mg	1300mg	3000mg	19-50	1000mg	1000mg	2500mg	51-70	1000mg	1200mg	2000mg	71+	1200mg	1200mg	2000mg	<p>Essential to bone and teeth formation. Involved in muscle contraction, nerve signals and blood clotting.</p>	<input type="checkbox"/> milk <input type="checkbox"/> yogurt <input type="checkbox"/> cheese <input type="checkbox"/> cottage cheese <input type="checkbox"/> kiefer <input type="checkbox"/> almond milk <input type="checkbox"/> soy milk <input type="checkbox"/> tofu <input type="checkbox"/> kidney beans <input type="checkbox"/> navy beans <input type="checkbox"/> white beans <input type="checkbox"/> sardines <input type="checkbox"/> salmon (canned) <input type="checkbox"/> tahini/sesame <input type="checkbox"/> almonds <input type="checkbox"/> soy nuts <input type="checkbox"/> spinach <input type="checkbox"/> kale <input type="checkbox"/> okra <input type="checkbox"/> bok choy <input type="checkbox"/> broccoli <input type="checkbox"/> figs
Age			Upper Limit																			
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14-18	11mg	15mg	45mg																			
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Age			Upper Limit																			
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<p>Selenium</p> <table border="1"> <thead> <tr> <th>Age</th> <th></th> <th></th> <th>Upper Limit</th> </tr> </thead> <tbody> <tr> <td>14+</td> <td>55µg</td> <td>55µg</td> <td>400µg</td> </tr> </tbody> </table>	Age			Upper Limit	14+	55µg	55µg	400µg	<p>Helps regulate thyroid hormone. Is an antioxidant.</p>	<input type="checkbox"/> Brazil nuts <input type="checkbox"/> oysters <input type="checkbox"/> tuna <input type="checkbox"/> salmon <input type="checkbox"/> pork <input type="checkbox"/> turkey <input type="checkbox"/> oatmeal <input type="checkbox"/> brown rice <input type="checkbox"/> sunflower seeds <input type="checkbox"/> cottage cheese <input type="checkbox"/> whole grains												
Age			Upper Limit																			
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Age			Upper Limit																			
14-50	1500mg	1500mg	2300mg																			
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Age			Upper Limit																			
14-18	11mg	9mg	34mg																			
19+	11mg	8mg	40mg																			



NutritionRx: Jennifer Broxterman, Registered Dietitian & Sports Nutritionist
 Email: info@nutritionrx.ca Phone: (519) 520-9549 Website: www.nutritionrx.ca



Vitamin	Function	Food Sources																
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Age			Upper Limit															
14+	900µg 3000IU	700µg 2333IU	3000µg 10,000IU															
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Age			Upper Limit															
14-18	1.2mg	1.0mg	not determined															
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Vitamin B2 (Riboflavin) <table border="1"> <thead> <tr> <th>Age</th> <th></th> <th></th> <th>Upper Limit</th> </tr> </thead> <tbody> <tr> <td>14-18</td> <td>1.3mg</td> <td>1.0mg</td> <td>not determined</td> </tr> <tr> <td>19+</td> <td>1.3mg</td> <td>1.1mg</td> <td>not determined</td> </tr> </tbody> </table>	Age			Upper Limit	14-18	1.3mg	1.0mg	not determined	19+	1.3mg	1.1mg	not determined	Necessary for metabolism of all foods and the release of energy to cells. Helps produce red blood cells.	<input type="checkbox"/> milk <input type="checkbox"/> mushrooms <input type="checkbox"/> salmon <input type="checkbox"/> cottage cheese <input type="checkbox"/> spinach <input type="checkbox"/> trout <input type="checkbox"/> yogurt <input type="checkbox"/> pork <input type="checkbox"/> eggs <input type="checkbox"/> cheese <input type="checkbox"/> lamb <input type="checkbox"/> tofu/tempeh <input type="checkbox"/> soy milk <input type="checkbox"/> beef <input type="checkbox"/> almonds <input type="checkbox"/> mackerel <input type="checkbox"/> soy nuts				
Age			Upper Limit															
14-18	1.3mg	1.0mg	not determined															
19+	1.3mg	1.1mg	not determined															
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Age			Upper Limit															
14+	16mg	14mg	30mg (14-18) 35mg (19+)															
Vitamin B6 (Pyridoxine) <table border="1"> <thead> <tr> <th>Age</th> <th></th> <th></th> <th>Upper Limit</th> </tr> </thead> <tbody> <tr> <td>14-18</td> <td>1.3mg</td> <td>1.2mg</td> <td>80mg</td> </tr> <tr> <td>19-50</td> <td>1.3mg</td> <td>1.3mg</td> <td>100mg</td> </tr> <tr> <td>51+</td> <td>1.7mg</td> <td>1.5mg</td> <td>100mg</td> </tr> </tbody> </table>	Age			Upper Limit	14-18	1.3mg	1.2mg	80mg	19-50	1.3mg	1.3mg	100mg	51+	1.7mg	1.5mg	100mg	Necessary for protein metabolism and absorption. Promotes nerve and brain function, and helps with blood glucose regulation and red blood cell formation.	<input type="checkbox"/> turkey (dark) <input type="checkbox"/> whole grains <input type="checkbox"/> tahini/sesame <input type="checkbox"/> tuna <input type="checkbox"/> oatmeal <input type="checkbox"/> pistachios <input type="checkbox"/> salmon <input type="checkbox"/> soy milk <input type="checkbox"/> sunflower seeds <input type="checkbox"/> potato <input type="checkbox"/> edamame (soybeans) <input type="checkbox"/> tofu/tempeh <input type="checkbox"/> tomato sauce <input type="checkbox"/> chickpeas <input type="checkbox"/> pork <input type="checkbox"/> banana <input type="checkbox"/> lentils <input type="checkbox"/> beef <input type="checkbox"/> avocado
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14-18	1.3mg	1.2mg	80mg															
19-50	1.3mg	1.3mg	100mg															
51+	1.7mg	1.5mg	100mg															
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Age			Upper Limit															
14+	2.4µg	2.4µg	not determined															
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Age			Upper Limit															
14-18	75mg	65mg	1800mg															
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Age			Upper Limit															
14-70	600IU	600IU	4000IU															
71+	800IU	800IU	4000IU															
Vitamin E <table border="1"> <thead> <tr> <th>Age</th> <th></th> <th></th> <th>Upper Limit</th> </tr> </thead> <tbody> <tr> <td>14+</td> <td>15mg</td> <td>15mg</td> <td>1000mg</td> </tr> </tbody> </table>	Age			Upper Limit	14+	15mg	15mg	1000mg	Antioxidant and protects cell membranes from damage. Natural blood thinner. Improves skin health by reducing collagen breakdown.	<input type="checkbox"/> sunflower seeds <input type="checkbox"/> grapeseed oil <input type="checkbox"/> spinach <input type="checkbox"/> almonds <input type="checkbox"/> whole grains <input type="checkbox"/> Swiss chard <input type="checkbox"/> peanuts <input type="checkbox"/> wheat germ <input type="checkbox"/> squash <input type="checkbox"/> avocado <input type="checkbox"/> beet greens								
Age			Upper Limit															
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Age			Upper Limit															
14+	400µg	400µg	800µg (14-18) 1000µg (19+)															
Vitamin K <table border="1"> <thead> <tr> <th>Age</th> <th></th> <th></th> <th>Upper Limit</th> </tr> </thead> <tbody> <tr> <td>14-18</td> <td>75µg</td> <td>75µg</td> <td>not determined</td> </tr> <tr> <td>19+</td> <td>120µg</td> <td>90µg</td> <td>not determined</td> </tr> </tbody> </table>	Age			Upper Limit	14-18	75µg	75µg	not determined	19+	120µg	90µg	not determined	Helps blood to clot. Helps build and maintain healthy bones.	<input type="checkbox"/> kale <input type="checkbox"/> Brussels sprouts <input type="checkbox"/> sauerkraut <input type="checkbox"/> parsley <input type="checkbox"/> green peas <input type="checkbox"/> spinach <input type="checkbox"/> asparagus <input type="checkbox"/> kiwi <input type="checkbox"/> broccoli <input type="checkbox"/> Romaine <input type="checkbox"/> avocado <input type="checkbox"/> green onions <input type="checkbox"/> cabbage <input type="checkbox"/> blueberries				
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