

NAVIGATING BETWEEN NUTRIENTS

Vitamins and minerals



WHAT?	WHAT PART DOES IT PLAY?	EXAMPLES	GOOD TO KNOW...
NUTRIENTS	Nutritive elements found in food	Carbohydrates, proteins and fats are categories of energy nutrients. Vitamins and minerals are non-energy nutrients.	Nutrients are a family of different categories of “fuel” that your body needs to function.
VITAMINS	Indispensable, but in small doses. They are water-soluble or fat-soluble (soluble in adipose tissue).	The water-soluble vitamins are vitamin C and B-group vitamins. The fat-soluble vitamins are the A, D, E and K vitamins.	Since vitamins B and C are not stored in the body, it is important to consume them on a regular basis. They are mainly available in fruits and vegetables. Fat-soluble vitamins can be toxic in high doses because they are stored in fat tissue. They are generally found in dietary lipids (oils, fatty fish, egg yolks, etc.), except for vitamin D, which is also found when exposed to sunlight.
MINERALS	Substances needed in small quantities in the body.	There are 7 major minerals: calcium, magnesium, potassium, phosphorus, sulfur, sodium and chloride.	
OLIGO ELEMENTS	Found in trace amounts, they regulate physiological functions, facilitate exchanges between cell tissues and help the immune system.	The best known are iron, zinc, copper, iodine, fluorine, chrome and selenium.	The importance of iron and calcium in a baby’s diet is often talked about! Check out our chart on essential nutrients for your baby’s health to find out why!