

VITAMIN AND MINERAL GUIDE

DEFICIENCIES AND CRAVINGS



D · R · E ·  · M.
— wellness —

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This guide is a bonus supplement to go with Chapter 5-3 of the book, *DREAM Wellness: The 5 Keys to Raising Kids for a Lifetime of Physical and Mental Health*, which is referenced numerous times throughout this guide. If you do not have a copy, you can order your Kindle or printed version now by visiting www.DREAMWellnessBook.com.

As explained in Chapter 5-3 of the book, micronutrients are vitamins, minerals and antioxidants that are needed to enable the body to produce enzymes, hormones and other substances essential for healthy growth and development. Think of them as the tiny chemicals that enter your body through everyday living. You do not only receive micronutrients from your food through ingestion, but you also absorb some through your skin, such as vitamin D from exposure to sunlight.

Especially if you are vegan, when it comes to food consumption, think of vegetables as being your best source of vitamins and fruits for your minerals. I always recommend, as stated in Chapter 5-10 of the book, choose to consume organic and/or non-GMO sources for the vitamins and minerals whenever possible.





There are 13 essential vitamins, which are organic substances required for normal cell function, growth and development. Vitamin A, D, E, K, C, B12, B6, Riboflavin, Niacin, Thiamine, Folate, Pantothenic acid and Biotin.

Fat-soluble vitamins bind to fat in the stomach and are stored in the body for later use. That is why you are less likely to become deficient in vitamins A, D, E and K.

The remainder of the vitamins are water-soluble, so they are absorbed directly by the cell. They need to be restored more frequently.

Unlike vitamins that are organic, minerals are inorganic substances, and they are needed for normal body function and development.

Macro-minerals (minerals you need in large amounts) include Calcium, Iron, Magnesium and Zinc.

Trace Minerals (minerals that you only need small amount of but are essential) include Chromium, Copper, Iodine, Manganese, Selenium, Molybdenum, Fluoride, Boron, Vanadium, Electrolytes and Potassium.



Where to find these vitamins and minerals in your diet:

Vitamins

Vitamin A

Foods high in saturated fat such as cheese, milk and cream. Because they are not so healthy, consider foods rich in Beta-carotene since it is a natural antioxidant that the body uses to make Vitamin A. Think cantaloupe, pink grapefruit, broccoli, spinach, sweet potato, carrots and mango.

Vitamin K

This is produced by your intestines and its primary function is to allow the blood to clot when an injury or cut occurs. It also helps calcium move to the bones and blood to help prevent calcification in the arteries and soft tissues. Food that are rich in Vit K include cauliflower, broccoli, Brussel sprouts, spinach, cabbage, kale and other dark, leafy greens.

Vitamin D

This is essential for absorption of calcium and forming healthy strong bones; and it aids in hormone regulation. 20 minutes of sunlight a day should provide you with adequate amounts of Vitamin D as your body can synthesize it when the skin is exposed to the sun.

Vitamin C

This antioxidant helps repair and regenerate collagen, which is the main protein of connective tissue (think skin, tendons and ligaments). Foods rich in Vitamin include broccoli, citrus fruits, tomatoes, cabbage, red bell peppers, Brussel sprouts, papaya, strawberries and leafy green vegetables.

Vitamin E

This antioxidant can help protect against free-radical damage as well as increase the immune system. Foods rich in Vitamin E include almonds (including almond butter and almond milk), sunflower seeds, olives, spinach, asparagus, olive oil and leafy green vegetables.

Folate

This vitamin helps maintain and produce new cells, especially red blood cells. It also prevents changes to DNA that may lead to mutations (leading to cancer). Foods rich in Folate include sea vegetables, asparagus, collard greens, mustard greens, romaine lettuce, parsley, cantaloupe, spinach, tomatoes and broccoli.

B-12, B6, Niacin, Riboflavin, Pantothenic
acid and Thiamine

These are B vitamins that work together as a complex which provides the body with energy to maintain proper brain function. Foods rich in these vitamins include bananas, nutritional yeast, millet bread, mushrooms, spinach, seaweed, green beans, peas, broccoli, avocado, coconut, yogurt, sunflower seeds, collard greens, squash, sweet potatoes and nuts. B12 deficiencies often show up with symptoms of fatigue, vision problems and mouth soreness. B12 helps create strong hair, nails and skin while maintaining a healthy digestive system. Foods rich specifically in B12 include shell fish, seafood, beef, chicken, turkey, sea vegetables and blue-green algae.



Macro-Minerals

Calcium

Calcium is extremely important to add into your diet because the human body cannot produce it on its own, and it is necessary for numerous body functions, including strengthening bones. Foods that are rich in calcium include sesame seeds, chia seeds, oysters, salmon, dark leafy greens, broccoli, dried fruits, nuts, oregano, celery seed, basil, dill and oranges. Of course, we are taught that milk is a great source of calcium, and while milk does have a lot of calcium in it, I recommend that you read Chapter 5-3 the book prior to deciding if that is the source you want to get your calcium from.

Iron

This macro-mineral is critical for the delivery of oxygen to the cells as well as the synthesis of collagen and aids in immune system function. It is often deficient in children and pre-menopausal women and in excess in men and post-menopause. Foods rich in iron include meat, fish, beans, spinach, molasses, kelp, broccoli and seeds.

Potassium

This is crucial for the maintenance of the acid-alkaline balance in the body (pH balance), healthy nerve and muscle function, and the activation of enzymes to metabolize blood sugar, proteins and carbohydrates. People with low levels of magnesium may experience symptoms including muscle twitches, restless leg syndrome, nervousness, abnormal heartbeat, irritability, sleep disorders and more. Foods rich in magnesium include legumes, whole grain, seeds, halibut, mackerel, spinach, almonds and cashews.

Zinc

Protein synthesis, reproductive health and immune function all require adequate amounts of zinc in the body. Zinc can be consumed from meat, fish, whole grains, brewer's yeast, mushrooms and pumpkin seeds.



Phosphorus

This is stored in the bones at a 1:2 ratio to calcium and provides energy for metabolism. It is found in sardines, salmon, tuna, cheese, yogurt, cashews, lentils and sunflower seeds.

Magnesium

Like sodium, potassium is responsible for the regulation of fluids inside the cells. Potassium is crucial for a healthy nervous system, muscle contraction and blood pressure. Levels are controlled by water consumption and kidney function. Foods high in potassium include avocados, potatoes, sun-dried tomatoes, kidney beans, seafood and dried fruits.

Trace Minerals

Chromium

This is known for its role in the action of insulin that affects the metabolism of carbohydrates, fats and proteins. It can be found in brewer's yeast, wheat germ, romaine lettuce, raw onions, broccoli and black pepper.

Copper

This is important for the health of the cardiovascular, immune and nervous systems, as well as the skin, the liver and the joints. Copper can be consumed in whole grains, dark leafy greens, nuts and shellfish.

Iodine

This is essential to the function and development of the thyroid gland. Deficiencies can result in the enlargement of the thyroid (hyperthyroidism). During pregnancy and infancy, it can lead to issues with brain development and growth for the child. Iodine can be found in cranberries, navy beans, strawberries, potatoes and table salt.

Manganese

This is critical to metabolism, brain development and helps decrease cell damage from being exposed to oxygen and forming free radicals. Foods rich in manganese include wheat germ, shellfish, nuts, sesame seeds, legumes and whole grains.

Selenium

This works with vitamin E to support the operation of antioxidant enzymes and may reduce the risk of abnormal cell growth. Selenium supports the cardiovascular and nervous systems and maintains a healthy thyroid. It can be consumed in shellfish, seafood, beef, lamb and chicken.

Molybdenum

This trace mineral is necessary for the proper function of many enzymes. It can be found in green leafy vegetables, nuts, whole grains, beans and dairy products.

Fluoride

While many people are understandably concerned with consuming too much fluoride through artificial means, such as toothpaste, dental treatments and public water supply, it is a necessary trace mineral to protect tooth enamel from acid forming bacteria, as well as strengthening the bones and other tissues. Fluoride can be found in safe amounts in an everyday diet that includes fruit, vegetables, meats, grains, eggs and milk.

Boron

This plays an important role in the metabolism of other minerals such as calcium and magnesium. It can be found in nuts, beans, soy and prunes.

Silicon

This is involved in the formation of cartilage and the skeletal system. It can be found in grains, vegetables and fruits.

Vanadium

This trace mineral is known to be important in metabolizing fat and maintaining a healthy cardiovascular system by regulating cholesterol synthesis. It is found in vegetables and seafood.

Electrolytes

Electrolytes are minerals (some macro and some trace) that have an electric charge (known as ions). They are primarily composed of the minerals sodium, potassium, magnesium, calcium, chloride, phosphates and sulfates. While it is not difficult to get these minerals through a well-balanced diet, they do get depleted when exercising and/or sweating heavily. While there are many electrolyte supplements on the market, you can typically find them in fruits, beans, sweet potatoes, green leafy vegetables, peas, avocados and coconut water.



CURB YOUR CRAVINGS!

Many cravings are a sign that something is missing from your diet, either temporarily or long-term. Below are suggestions of what may be missing so you can curb your craving with a healthier choice. It is important to note that if you are on a specific diet (such as vegan and vegetarian), some of these food items are not appropriate for you. There should be enough suggestions to most deficiencies for you to find something that will work within the parameters of your diet.

Something Sweet

Deficiency: Chromium, Carbon, Phosphorous, Sulfur, Tryptophan

Consume: Broccoli, grapes, chicken, beef, fresh fruit (whole with low sugar), cauliflower, eggs, cranberries, cabbage, sweet potato, spinach

Bread, pasta and other carbohydrates

Deficiency: Nitrogen

Consume: Fatty fish, nuts, meat, beans and chia seeds

Chips and Fried Foods

Deficiency: Calcium

Consume: Broccoli, kale, legumes, cheese (grass fed and in moderation), sesame seeds, sunflower seeds and collard greens

Coffee

Deficiency: Phosphorous, Sulfer, Salt (NaCl), Iron

Consume: Chicken, beef, liver, fish, eggs, garlic, onions and cherries

Alcohol / Marijuana

Deficiency: Protein, Calcium, Glutamine, Potassium

Consume: Meat, seafood, nuts, oatmeal, broccoli, kale, legumes, cabbage, (cheese)

Soda / Cola

Deficiency: Calcium

Consume: Broccoli, kale, legumes, sesame seeds, (cheese)

Chocolate

Deficiency: Magnesium

Consume: Nuts, seeds and vegetables legumes, whole grain, seeds, halibut, mackerel, spinach, almonds and cashews.

Tobacco

Deficiency: Silicon, Tyrosine

Consume: Nuts, seeds, green and red fruits and vegetables.

Salty Foods

Deficiency: Chloride and Silicon

Consume: Fatty fish, cashews, nuts and seeds.

Pre-menstrual Syndrome

Deficiency: Zinc

Consume: Red meat, seafood, leafy green vegetables.

Overeating

Deficiency: Silicon, Tryptophan, Tyrosine

Consume: Nuts, seeds, liver, sweet potato, spinach, orange/green/red fruits and vegetables, (cheese)

CREDIT & REFERENCES:

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