**Review Questions Chps 8/9 Vitamins and Minerals**

The rate and extent to which a vitamin is absorbed and used by the body is called:

\_\_\_\_\_\_\_\_\_\_ is a good food source of Vitamin C

\_\_\_\_\_\_\_\_\_\_is a good food source of Vitamin A (retinol)

\_\_\_\_\_\_\_\_\_\_is a good food source of Potassium

\_\_\_\_\_\_\_\_\_\_is the main function of vitamins

This mineral is normally found in dairy products. List 3 plant based sources of it.

A good source of this mineral is fresh fruits and vegetables and it function as an electrolyte

This vitamin plays a role in blood clotting

\_\_\_\_\_\_\_\_works with insulin to maintain blood glucose levels

\_\_\_\_\_\_\_\_is a symptom of iron deficiency anemia

\_\_\_\_\_\_\_\_is a good food source of Vit B12

\_\_\_\_\_\_\_\_is a good food source of Calcium

\_\_\_\_\_\_\_\_is a good food source of folate

My main function in bone growth is to assist in the absorption of calcium

Non-heme iron is found in

Heme iron is found in:

These vitamins function as co-enzymes:

Bioactive compounds in foods are called:

The most important function of \_\_\_\_\_\_\_\_\_in the body is nerve and muscle function

This mineral helps prevent dental caries by making the teeth’s enamel stronger:

This mineral is a major component of chlorophyll:

This electrolyte is found in processed foods and can lead to high blood pressure with chronic high intakes:

A woman should take a supplement of \_\_\_\_\_\_\_\_before she becomes pregnant. Why?

This mineral helps you to reach peak bone density by age 30:

\_\_\_\_\_\_\_\_\_\_is a good food source of Vitamin K

\_\_\_\_\_\_\_\_\_\_are the four fat soluble vitamins

What type of vitamin can be stored in the body? (fat or water soluble?)

Vegans are at risk for being deficient in this vitamin:

This vitamin helps in the formation of collagen:

I am a form of Vitamin A that prevents free radicals from damaging cells: