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# FOOD LABEL

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A closer look at the featured nutrients in the new “nutrients required” section

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## Food Sources:

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You can find **vitamin D** in seafood like salmon and tuna, and in fortified products like milk and breakfast cereals.

**Calcium** is a key component of the dairy food group. You can find it in milk, fortified soymilk, yogurt, and cheese. It's also part of fortified cereals and tofu.

Heme **iron** can be found in animal products like lean meat, poultry, and seafood. Non-heme iron is present in many different vegetables like beans and peas and leafy greens. Some foods are also fortified with iron.

The Dietary Guidelines for Americans assert, "To increase **potassium**, focus on food choices with the most potassium [...] such as white potatoes, beet greens, white beans, plain yogurt, and sweet potato."

## Health Impact:

**Vitamin D** is key for good health. The National Institutes of Health's Office of Dietary Supplements explains, "Vitamin D promotes calcium absorption in the gut and maintains adequate serum calcium and phosphate concentrations to enable normal mineralization of bone and to prevent hypocalcemic tetany." Most people don't get enough **calcium** each day, and that can also be bad news for bone health. MyPlate asserts, "Calcium is used for building bones and teeth and in maintaining bone mass." Now let's move on to **iron**. The U.S. National Library of Medicine explains that "iron is part of hemoglobin, a protein which carries oxygen from our lungs throughout our bodies. It helps our muscles store and use oxygen." Finally, there's **potassium**, which, according to the FDA, "helps to lower blood pressure." Most people don't get nearly enough potassium each day.

