

Vitamin Cheat Sheet

A Quick-Reference Guide for RDNs

Fat-Soluble Vitamins

	RDA For Adults	Function	Food Sources
Vitamin A	Men: 900 mcg Women: 700 mcg	Important for vision, maintenance of the immune system, and growth and development.	Salmon, organ meats, green/orange/yellow vegetables, fruits (including cantaloupe, mangos, apricots), dairy, fortified breakfast cereals, and eggs
Vitamin D	15 mcg (600 IU)	Needed for calcium absorption, bone health, muscle function, and immune system maintenance.	Fortified milk, fatty fish (trout, salmon, tuna, mackerel). Smaller amounts found in beef liver, egg yolks, cheese, and mushrooms.
Vitamin E	15 mg	Important antioxidant to protect against cell damage, helps to stabilize cell membranes, and helps avoid blood clotting.	Vegetable oils, nuts (especially almonds) and seeds, and green vegetables
Vitamin K	Men: 120 mcg Women: 90 mcg	Supports blood clotting and bone health by activation of protein used for bone mineralization.	Green leafy vegetables, vegetable oils, some fruits (such as blueberries and figs), meat, cheese, eggs, and soybeans.

Reference: Dietary supplement fact sheets. NIH Office of Dietary Supplements. <https://ods.od.nih.gov/factsheets/list-all/>.

Vitamin Cheat Sheet

A Quick-Reference Guide for RDNs

Water-Soluble Vitamins

	RDA For Adults	Function	Food Sources
Vitamin B1 Thiamine	Men: 1.2 mg Women: 1.1 mg	Supports the conversion of food into energy. Important for the growth, development, and function of cells.	Whole and fortified grains, meat (especially pork) and fish, legumes, seeds, and nuts
Vitamin B2 Riboflavin	Men: 1.3 mg Women: 1.1 mg	Utilized as coenzyme for energy metabolism as well as the growth, development, and function of cells.	Eggs, organ and lean meats, milk, some vegetables (mushrooms and spinach), and fortified grains
Vitamin B3 Niacin	Men: 16 mg Women: 14 mg	Important for the development and function of cells.	Meats, fish, nuts and legumes, and whole and fortified grains
Vitamin B5 Pantothenic Acid	5 mg	Needed for fatty acid synthesis and degradation.	Beef, poultry, seafood, organ meats, eggs, milk, vegetables (including mushrooms, avocados, potatoes, broccoli), whole grains, peanuts, sunflower seeds, and chickpeas
Vitamin B6 Pyridoxine	19 - 50 years: 1.3 mg Men 51+: 1.7 mg Women 51+: 1.5 mg	Essential for energy metabolism and immune function, as well as brain development during pregnancy and infancy.	Poultry, fish, organ meats, potatoes, and fruits (other than citrus)
Vitamin B7 Biotin	30 mcg	Plays a key role in gene regulation and cell signaling. Helps turn carbohydrates, fats, and protein into energy.	Meat, fish, eggs, seeds and nuts, certain vegetables (sweet potatoes, spinach, and broccoli)
Vitamin B9 Folate	400 mcg	Vital for DNA and cell division.	Beef liver, vegetables (especially asparagus, brussels sprouts, leafy green vegetables), fruits and juices (especially orange juice), nuts, beans, peas, and fortified grains
Vitamin B12 Cobalamin	2.4 mcg	Necessary for red blood cell production, DNA, and maintenance of nerve cells.	Fish, meat, poultry, eggs, dairy, fortified breakfast cereals, and nutritional yeast
Vitamin C	Men: 90 mg Women: 75 mg	Functions as antioxidants, important for collagen formation for wound healing, and improves immune function.	Fruits (especially citrus) and some vegetables (such as broccoli, potatoes, tomatoes)

Reference: Dietary supplement fact sheets. NIH Office of Dietary Supplements. <https://ods.od.nih.gov/factsheets/list-all/>.

Find more resources at
shop.dietitiansondemand.com