

# Teacher Answer Page

## Vitamin D

Benefit: Helps build and maintain strong bones by helping the body absorb calcium.<sup>3</sup>

RDA: 20 mcg DV

## Vitamin C

Benefit: Acts as an antioxidant to help protect cells from damage, absorbs iron from plant-based foods and supports proper immune function.<sup>4</sup>

RDA: 90 mg DV

## Vitamin A

Benefit: Helps the heart, lungs, kidneys and other organs work properly.<sup>5</sup>

RDA: 900 mcg DV

## Vitamin B6

Benefit: Plays an important role in immune function and is needed for more than 100 enzyme reactions involved in metabolism.<sup>6</sup>

RDA: 1.7 mg DV

## Vitamin B12

Benefit: Helps keep the body's nerve and blood cells healthy and helps make DNA, the genetic material in all cells.<sup>7</sup>

RDA: 2.4 mcg DV

## Vitamin E

Benefit: Fights off invading bacteria and viruses while also helping widen blood vessels to prevent blood clots.<sup>8</sup>

RDA: 15 mg DV

## Selenium

Benefit: Protects the body from infection and damage caused by free radicals.<sup>9</sup>

RDA: 55 mcg DV

## Iron

Benefit: Helps make hemoglobin, a protein in red blood cells that carries oxygen throughout the body and myoglobin, which provides oxygen to muscles.<sup>10</sup>

RDA: 18 mg DV

## Zinc

Benefit: Helps the immune system fight off invading bacteria and viruses.<sup>11</sup>

RDA: 11 mg DV

## Folate

Benefit: Needed by the body to make DNA and other genetic material.<sup>12</sup>

RDA: 400 mcg DFE

## Copper

Benefit: Used by the body to make energy, connective tissues and blood vessels, and to help maintain the nervous and immune systems.<sup>13</sup>

RDA: 0.9 mg DV

## References

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