

Name:

Date:

Micronutrients



Micronutrients are needed in the body in tiny amounts. They do not provide energy, but are required for a number of important processes in the body.

There are two main groups of micronutrients:

- vitamins;
- minerals and trace elements.

Micronutrients are measured in milligrams (mg) and micrograms (μg) with $1\text{mg} = 0.001\text{g}$ and $1\mu\text{g} = 0.001\text{mg}$.

Micronutrient recommendations
People have different requirements for each micronutrient, according to their:

- age;
- gender;
- physiological state (e.g. pregnancy).



Vitamins		
Nutrient	Function	Sources
Vitamin A	Helps the immune system to work as it should and with vision.	Liver, cheese, eggs, dark green leafy vegetables and orange-coloured fruits and vegetables.
B vitamins	Thiamin, riboflavin, niacin, folate, and vitamin B12 have a range of functions within the body.	Different for each B Vitamin.
Vitamin C	Helps to protect cells from damage and with the formation of collagen.	Fruit (especially citrus fruits), green vegetables, peppers and tomatoes.
Vitamin D	Helps the body to absorb calcium & helps to keep bones strong.	Oily fish, eggs, fortified breakfast cereals and fat spreads.
Vitamin E	Helps to protect the cells in our bodies against damage.	Vegetable and seed oils, nuts and seeds, avocados and olives.
Vitamin K	Needed for the normal clotting of blood and is required for normal bone structure.	Green vegetables and some oils (rapeseed, olive and soya oil).

Key terms
Micronutrients: Nutrients needed in the diet in very small amounts.
Lower Reference Nutrient Intake (LRNI): Is the amount of a nutrient that is enough for only the small number of people who have low requirements (2.5%). The majority of people need more.
Reference Nutrient Intake (RNI): The amount of a nutrient that is enough to ensure that the needs of nearly all the group (97.5%) are being met. The RNI is used for recommendations on protein, vitamins and minerals.

Micronutrient recommendations
The recommendations for vitamins and minerals are based on the **Reference Nutrient Intake (RNI)**.

When looking at low intakes of micronutrients, the Lower Reference Nutrient Intake (LRNI) is used.

Vitamins
Vitamins are nutrients required by the body in small amounts, for a variety of essential processes.

Most vitamins cannot be made by the body, so need to be provided in the diet.

Vitamins are grouped into:

- fat-soluble vitamins (vitamins A, D, E and K);
- water-soluble vitamins (B vitamins and vitamin C).

Minerals		
Nutrient	Function	Sources
Calcium	Helps to build and maintain strong bones and teeth.	Dairy, calcium-fortified dairy-alternatives, canned fish (where soft bones are eaten) and bread.
Iron	Helps to make red blood cells, which carry oxygen around the body.	Offal, red meat, beans, pulses, nuts and seeds, fish, quinoa, wholemeal bread and dried fruit.
Phosphorus	Helps to build strong bones and teeth and helps to release energy from food.	Red meat, poultry, fish, milk, cheese, yogurt, eggs, bread and wholegrains.
Sodium	Helps regulate the water content in the body.	Very small amounts found in foods. Often added as salt.
Fluoride	Helps with the formation of strong teeth and reduce the risk of tooth decay.	Tap water, tea (and toothpaste).
Potassium	Helps regulate the water content in the body and maintain a normal blood pressure.	Some fruit and vegetables, dried fruit, poultry, red meat, fish, milk and wholegrain breakfast cereals.
Iodine	Helps to make thyroid hormones. It also helps the brain to function normally.	Milk, yogurt, cheese, fish, shellfish and eggs.

Vitamin D
Vitamin D is a pro-hormone in the body. It can be obtained in two forms:

- ergocalciferol (vitamin D₂);
- cholecalciferol (vitamin D₃).

Vitamin D₃ is also formed by the action of sunlight. Different to most vitamins, the main source of vitamin D is synthesis in the skin following exposure to sunlight. The wavelength of UVB during the winter months in the UK does not support vitamin D synthesis.

For more information, go to: <https://bit.ly/36KUnji>

Tasks

1. Create an infographic on micronutrients. Focus on the definition of each micronutrient, daily recommendations and source.
2. Keep a food diary for four days and calculate the micronutrients provided per day.
<http://explorefood.foodafactoflife.org.uk>