

Vitamins and Minerals Tracker

Use this tracker to see what vitamins and minerals you are consuming! For one week, track the foods you eat and investigate which vitamins and minerals are in them!

This link might help! https://www.ducksters.com/science/vitamins_and_minerals.php

Date	Food Tracked	Vitamins and Minerals
EXAMPLE 2/20/2022	Breakfast: eggs Lunch: turkey sandwich Dinner: chicken and broccoli	Breakfast: vitamin A, B, D Lunch: iron, zinc, vitamin E, magnesium, zinc Dinner: iron, zinc, calcium, potassium

1. Which vitamins and minerals do you consume a lot of?

2. Which vitamins and minerals should you consume more of? Why?