

## VIDEOS

*Vitamin Basics* (video) Lake Zurich, IL: Learning Seed, 2005. 21 mins.

This is an informative video which answers the basic questions about vitamins without hype or bias. It describes what vitamins are, how they work in the body, and discusses whether supplements are necessary.

**Availability for loan:**

BB 300 L32 2005 Health Information & Wellness Centre, West Toronto

For more information on healthy eating, see our HealthFinder titles **Nutrition, Weight Management** and **Cholesterol**

## CONTACT

**Health Information & Wellness Centres**

**Trillium Health Centre - Mississauga**  
 100 Queensway West  
 Mississauga L5B 1B8  
 905-848-7511

**Trillium Health Centre - West Toronto**  
 150 Sherway Drive  
 Toronto M9C 1A5  
 416-521-4187

Email: [hiwc@thc.on.ca](mailto:hiwc@thc.on.ca)  
<http://www.trilliumhealthcentre.org/health>

**Mississauga Library System**  
 905-615-3500 (for book locations)  
<http://www.mississauga.ca/portal/residents/library>

**Toronto Public Library**  
 416-393-7131 (for book locations)  
<http://www.torontopubliclibrary.ca>

---

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

To support the provision of health information at Trillium Health Centre, we have developed "HealthFinders" on a variety of health topics. These serve as starting points on your quest for health information, and represent just a selection of our resources. HealthFinders are also available through our web site at <http://www.trilliumhealthcentre.org/health>

© Trillium Health Centre, Aug 2007. Last Updated 2009.



*Life. We're in it together.*

HEALTH INFORMATION  
AND WELLNESS CENTRE

## HEALTHFINDER

# Vitamins and Minerals



## INTERNET SITES

### Capital Health Edmonton

<http://tinyurl.com/2boon6>

Capital Health is one of the largest integrated health systems in Canada. Its website provides excellent health information on a variety of topics, including a series of fact sheets on the properties and use of selected vitamins and minerals. These include iron, calcium, potassium, vitamin D and others.

### HealthLink BC

<http://www.healthlinkbc.ca/kbaltindex.asp>

HealthLink BC provides easy-to-understand fact sheets on a variety of health and safety topics. They include several on the subject of vitamins and minerals, including calcium, iron, folic acid and vitamin D. Type the name of the vitamin or mineral in the search box under the 'Learn' tab or click on the A-Z Health Topics link in the left hand column to retrieve the information.

### Health Canada Food and Nutrition Section

<http://tinyurl.com/s8s2y>

The Nutrient Value of Common Foods is a detailed 55 page publication which can be downloaded. It lists 19 nutrients found in 975 foods marketed in Canada, and is an invaluable guide if you really want to know the best food sources of vitamins and minerals.

### Harvard School of Public Health

<http://www.hsph.harvard.edu/nutritionsource/vitamins.html>

This site presents an excellent summary of vitamins with recognized or suspected roles in health and disease. It describes the function of the vitamin in the body, points out the best food sources, and assesses the value of taking a vitamin supplement.

### Office of Dietary Supplements

[http://ods.od.nih.gov/Health\\_Information/Health\\_Information.aspx](http://ods.od.nih.gov/Health_Information/Health_Information.aspx)

The ODS is part of the U.S. National Institutes of Health, whose mandate is to increase knowledge of dietary supplements by evaluating scientific information and educating the public. Its website contains extensive information about the role of vitamins and minerals in health and disease. Click on the link 'Vitamin and Mineral Supplement Fact Sheets' in the centre column to access these. Each fact sheet contains a list of foods which contain the given vitamin or mineral, as well as the recommended amounts for adults, children, pregnant women, etc.

### KidsHealth

<http://www.kidshealth.org>

This useful and reliable site is divided into three separate sections for children, teens and parents – each with its own design and age-appropriate contents. All three sections have articles and fact sheets on vitamins. To access these, enter any of the sections at the homepage and type the word 'vitamins' or 'minerals' into the search box. A list of links to relevant articles in the various sections will appear.

**Medline Plus** <http://www.medlineplus.gov>

This authoritative site has links to articles and features on vitamins and minerals. At the Medline homepage, click on Health Topics, the first link listed. This will take you to a page where you can select your topic from an alphabetical display – click on M or V and then follow the links for Minerals or Vitamins.

## BOOKS

*The Benefits and Risks of Vitamins and Minerals: What You Need to Know* A special report from Harvard Medical School. Boston, MA: Harvard Health Publications, 2008.

This report delivers practical advice and current research findings in clear, easy-to-understand language. It provides information on the role of vitamins and minerals in maintaining health, tables recommended amounts, and suggests good food sources for each type. It also describes various supplements, and lists the dangers of both a deficiency and excess of certain substances.

### Availability for loan:

BB 300 H27 2008 Health Information & Wellness Centre, both locations.

*Vitamins and Minerals for a Healthy Body* by Angela Royston. Chicago, IL: Heinemann, 2003.

This book is written in plain language and attractively illustrated. It explains how your body uses vitamins and minerals, and how to keep them as part of your diet. It also explains which foods and drinks are the best sources of particular vitamins and minerals, and what happens if you have too little or too much of them.

### Availability for loan:

BB 300 R69 2003 JUV Health Information and Wellness Centre, both locations.  
612.399 ROY Toronto Public Library System