

# Vitamins And Mineral Sources Are Important To Human Body, Report Essay

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## Abstracts

Dietary Guidelines for Americans 2010 mentions that diet nutrients should include vitamin D, potassium, calcium and dietary fiber. Usually with regard to energy concentration vegetables and Fruits are low and frequently are good supply of potassium and fiber, other than the dietary involvement of average portion of vegetables and fruit differs generally. Fiber helps a lot in digestion of food. It is stated that taking fiber in high supply will defend against many diseases. Cont... (1000 Words of this Report)

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REFERENCES

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