

Nutrition Glossary

Antioxidants

Helps prevent chemical damage to cells and can promote vision health, keep the immune system healthy, support cardiovascular health and help prevent cancer.

Beta carotene

A precursor to Vitamin A that is important for eyesight, skin and normal growth; it may also help the body fight sickness and reduce chronic diseases such as cancer and heart disease.

Copper

A mineral that supports infant growth, bone strength, brain development and the building of a strong immune system.

Fiber

Helps maintain steady blood sugar levels, promote bowel regularity, and may help to prevent cancer.

Folate

A B-complex vitamin, also known as folic acid, that can help prevent birth defects; it is vital for growth development, especially for young children.

Iron

An essential mineral for maintaining the delivery of oxygen throughout the body.

Lutein

A phytonutrient proven to be effective in reducing the risk of cancer.

Lycopene

A powerful antioxidant that decreases the risk of certain cancers and heart disease.

Manganese

Helps support the immune system, maintain normal blood sugar levels and support normal bone growth and reproduction.

Potassium

Helps maintain muscle contractions, a healthy heart and a healthy nervous system; it also may help control blood pressure.

Vitamin A

A central component of vision health.

Vitamin C

Helps the body to fight off illness and keep the immune system healthy; is essential for metabolism; promotes healing of gums and tissues; and may also help to prevent heart disease.

Vitamin K

Essential for proper bone growth and aids in blood coagulation.