

Each nutrient performs specific functions in the body and what's more, the functions of many nutrients are interrelated. The table below illustrates the function of various nutrients, vitamins and minerals.

Nutrient	Function
Protein	♦
Carbohydrate	♦
Fat	♦
Thiamin (vitamin B ₁)	♦
Riboflavin (vitamin B ₂)	♦
Niacin	♦
Folacin (folic acid)	♦
Vitamin B ₁₂	♦
Vitamin C (ascorbic acid)	♦
Vitamin A	♦
Vitamin D	♦
Vitamin E (tocopherol)	♦
Calcium	♦
Iron	♦
Phosphorus	♦
Magnesium	♦
Zinc	♦
Iodine	♦
Fibre	♦
Potassium	♦
Sodium	♦
	♦
	♦