



Intentional Living: What You Need to Know About Nutrients

This worksheet will help you summarize the accompanying post for easy reference and to help you identify what to learn about next.

What are 3 vital functions your body depends on vitamins for?

Which vitamin(s) is responsible for each function you listed?

What are two differences between water-soluble and fat-soluble vitamins?



What protein factor is activated by sulforaphane, and what are 3 things this protein factor can do?



What are 3 sources of sulforaphane, and which is the best?



If you want to cook your vegetables, what can you sprinkle on them to produce sulforaphane?

What are 3 things Vitamin D can do?

What are 3 sources of Vitamin D?

What's the RDA of Vitamin D for adults?

What are the 8 B vitamins?

What are 3 things the B vitamins can do?

What are 3 sources of B vitamins?

What vitamin would you like to increase your intake of?

Why did you pick that vitamin?



What action are you going to take today to meet this goal?



Don't forget to check out the links to my sources in the narrative post.