

Vitamins

Health Notes

- Fat Soluble Vitamins:

1. Vitamin A: (Retinol)

- Sources: butter, liver, egg yolk, leafy green vegetables
- Functions: growth and development, health of eyes, structure and functioning of skin and mucous membrane cells, antioxidant to protect cells from free radicals

2. Vitamin D- (Caciferol)

- sources: sun, liver, egg yolk, cream
- functions: growth, regulates calcium and phosphorus absorption and metabolism, builds and maintains bones and teeth

3. Vitamin E: (Tocopherol)

- Sources: peanuts, soybeans, butter, vegetable oils
- Functions: necessary for protection of cell structure (especially red blood cells and epithelial cells), antioxidant to inhibit breakdown of vitamin A and some unsaturated fatty acids

4. Vitamin K:

- sources: liver, spinach, soybean, oil, cereals
- functions: normal clotting of blood, formation of prothrombin

- Water Soluble Vitamins:

1. Thiamine (B1)

- Sources: heart, kidney, potatoes, cereal
- Functions: carbohydrate metabolism, normal appetite and digestion, normal functions of nervous system

2. Riboflavin (B2)

- Sources: milk, cheese, liver, heart
- Functions: carbohydrate/fat/protein metabolism, health of mouth tissues, healthy eyes

3. Niacin (Nicotinic Acid):

- Sources: organ meats, poultry, peanuts, fish