



# VITAMIN guide



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Vitamins	Helps	Best Sources
<b>A (retinol, carotene)</b>	growth and repair of body tissue, immune functions, night vision	eggs, dark green & yellow fruits & vegetables, lowfat dairy products, liver
<b>B-1 (thiamine)</b>	carbohydrate metabolism, appetite regulation, important in nervous system and growth	wheat germ, pork, whole & enriched grains, dried beans, seafood
<b>B-2 (riboflavin)</b>	carbohydrate, fat & protein metabolism, essential for cell respiration & mucous membrane functions	dairy products, green leafy vegetables, whole & enriched grains, beef, lamb, eggs
<b>B-6 (pyridoxine)</b>	carbohydrate & protein metabolism, formation of antibodies and red blood cells, nerve function	fish, poultry, lean meat, whole grains, potatoes
<b>B-12 (cobalamin)</b>	carbohydrate, fat & protein metabolism, nervous system maintenance, blood cell formation	lean beef, fish, poultry, eggs, dairy products
<b>Biotin</b>	carbohydrate, fat & protein metabolism, fatty acid production, B vitamin utilization	egg yolk, meat, dairy products, dark green vegetables; also made by microorganisms inside intestinal tract
<b>Folic Acid</b>	red blood cell formation, protein metabolism, cell division & growth	green leafy vegetables, dried beans, poultry, fortified cereals, oranges, nuts
<b>Niacin</b>	carbohydrate, fat & protein metabolism, GI system maintenance, blood circulation, nerve function, appetite regulation	meat, fish, whole & enriched grains, beans, peas, nuts
<b>Pantothenic Acid</b>	nutrient conversion into energy, vitamin utilization, nerve function	most plant & animal foods, especially lean meats, whole grains, legumes
<b>C (ascorbic acid)</b>	wound healing, collagen maintenance, infection resistance, important for healthy gums & blood vessels	citrus fruits, tomatoes, melons, berries, green & red peppers, broccoli
<b>D (cholecalciferol)</b>	calcium & phosphorus metabolism (bone & teeth formation)	egg yolk, fatty fish, milk; also made by skin when exposed to sunlight
<b>E (tocopherol)</b>	free radical scavenger, possible role in immune function	vegetable oil, wheat germ, nuts, dark green vegetables, whole grains, beans
<b>K</b>	blood clotting functions & bone metabolism	green leafy vegetables, beef liver

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