

## Vitamin Basics-KEY

Name \_\_\_\_\_ Period \_\_\_\_\_ Date \_\_\_\_\_

Vitamin	Function	Sources	Prevents
A	Promotes good vision and helps maintain tissues and skin	Liver, oranges, pears, yellow fruits and veggies	Night blindness, poor skin and hair
D	Helps maintain levels of calcium and phosphorus in the blood.	milk	Rickets
E	Valued as an antioxidant and growth of cell membranes	Green leafy vegetables, fruits, whole grains, liver, apples, oil, fats	Overdose causes blurred vision, nausea, dizziness
K	Helps blood clot	Dark green vegetables, cabbage, cauliflower, liver	Hemorrhaging
C Ascorbic Acid	Helps heal wounds; helps maintain healthy capillaries, bones, skin and teeth.	Citrus fruits, cantaloupe, mango, kiwi, broccoli	Scurvy
B1 Thiamine	Helps turn carbohydrates into energy, keeps nervous system healthy.	Milk, whole grains, poultry, fish, dried beans	Beriberi
B2 Riboflavin	Helps release energy from carbs; promotes growth and red cell production	Milk, whole grains, dark green vegetables, fish, eggs	Premature aging
Niacin	Promotes healthy nervous system and energy metabolism	Milk, whole grains, dates, peaches, fish, poultry, peanuts	Pellagra
Folacin	Helps build red blood cells and synthesize DNA; prevents certain birth defects.	Oranges, dark green vegetables, whole grains, meat, eggs	Anemia, certain birth defects
B6 Pyridoxine	Promotes a healthy immune and nervous system.	Meat, vegetables, bananas	Poor health
B12 Cobalamin	Used in making genetic materials, cells, bone marrow and red blood cells	Milk, eggs, meat, fruit, and vegetables	Anemia, damage to intestinal tract