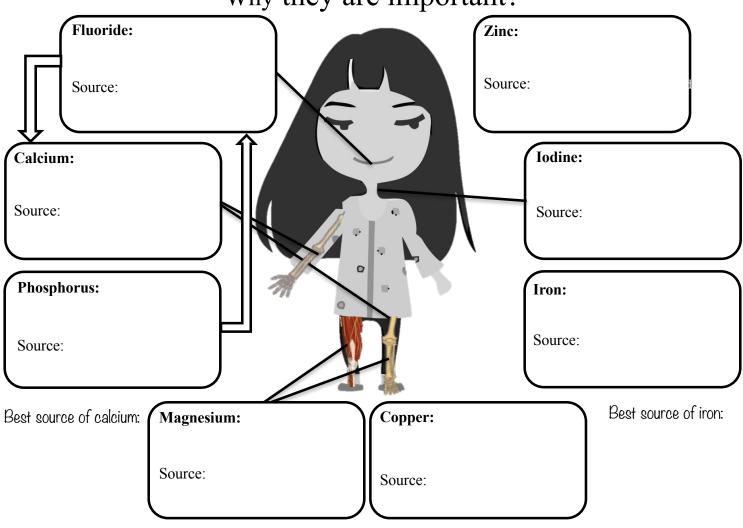
## **Vitamins** Why they are important? Vitamin D: Vitamin A: Food Sources: Source: Vitamin C: Vitamin E: Food Sources: Source: Riboflavin (B2): Vitamin K: Food Sources: Food Sources: Thiamin (B1): Folate/Folic Acid (B9): Source: Food Sources: Niacin (B3): **B Vitamins:** Source:

		Turning	
Disease	Vitamin		
Night Blindness, Poor Eyesight:		Fat-soluble vitamins	Water-soluble vitamins
	Thiamin (B1)		
Pellagra:			
	Folic Acid/Folate		
Scurvy:			
		Are fat or water	-soluble vitamins
	Vitamin D	stored in the boo	ly?
Jaundice: A yellowing of the skin or whites of the eyes caused by a build-up of the pigment bilirubin. Jaundice occurs when bilirubin builds up faster than the liver can break it down.	4	Treatment:  Phototherapy is a treatment with a special light that helps rid the body of bilirubin.	

## **Minerals**

Why they are important?



Disease		Mineral Deficiency	Vocabulary:
Osteoporosis:			Toxicity:
		Iron	toxiong.
oiter: An abnormal enlargement of the thyroid gland at the base of ne neck.			Deficiency:
vitamins and minerals.	Most Common Mineral Deficiencies	Minerals mostly do what in the body?	Macro Minerals:
2. Ma	ncro Minerals:	Micro Minerals:	Micro Minerals: