

Vitamins

Why they are important?

Vitamin D:

Source:

Vitamin C:

Source:

Riboflavin (B2):

Food Sources:

Thiamin (B1):

Source:

Niacin (B3):

Source:

Vitamin A:

Food Sources:

Vitamin E:

Food Sources:

Vitamin K:

Food Sources:

Folate/Folic Acid (B9):

Food Sources:



B Vitamins:

Disease	Vitamin
Night Blindness, Poor Eyesight:	
	Thiamin (B1)
Pellagra:	
	Folic Acid/Folate
Scurvy:	
	Vitamin D
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.	

Fat-soluble
vitamins

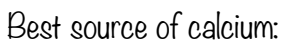
Water-soluble
vitamins

Are fat or water-soluble vitamins
stored in the body?

Treatment:

Phototherapy is a treatment
with a special light that helps rid
the body of bilirubin.

Why they are important?



Vocabulary:

Deficiency:

Micro Minerals:

- 1.
- 2.
- 3.

Macro Minerals:

Micro Minerals: