



# Vitamins

Why they are important?

**Vitamin D:**

Source:

**Vitamin A:**

Food Sources:

**Vitamin C:**

Source:

**Vitamin E:**

Food Sources:

**Riboflavin (B2):**

Food Sources:

**Vitamin K:**

Food Sources:

**Thiamin (B1):**

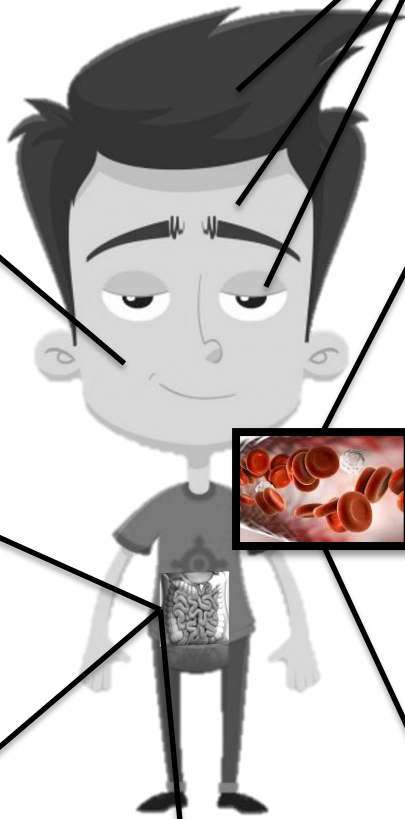
Source:

**Folate/Folic Acid (B9):**

Food Sources:

**Niacin (B3):**

Source:



# Vitamins Cont'd

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.	



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



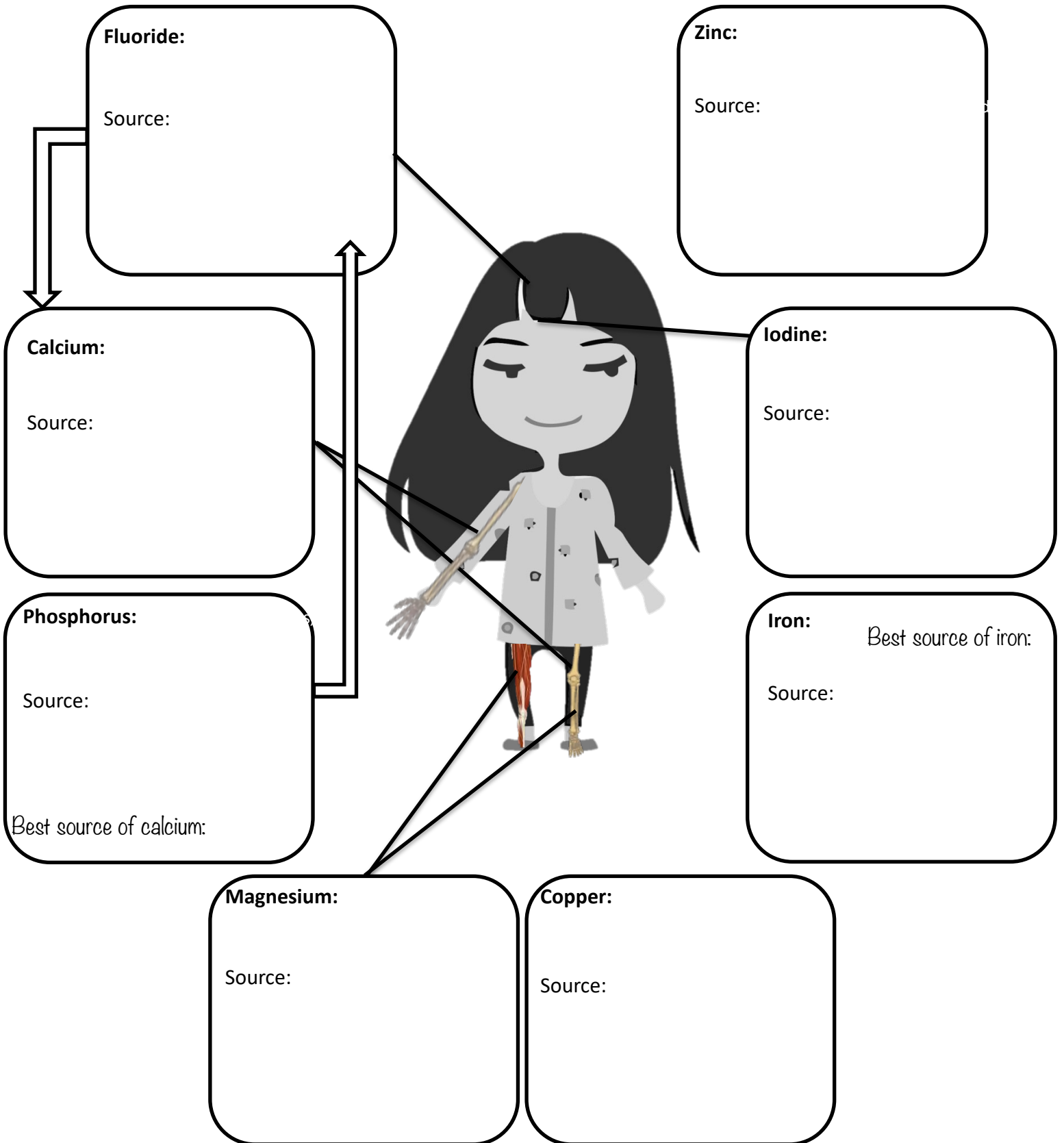
## B Vitamins:



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

# Minerals

Why they are important?



# Minerals cont'd

Best source of calcium:

Best source of iron:

Disease	Mineral Deficiency
Osteoporosis:	
	Iron
Goiter: An abnormal enlargement of the thyroid gland at the base of the neck.	

Three things that destroy vitamins and minerals.

- 1.
- 2.
- 3.

Vocabulary:

Toxicity:

Deficiency:

Macro Minerals:

Micro Minerals:

Two Most Common Mineral Deficiencies

Macro Minerals:

Minerals mostly do what in the body?

Micro Minerals: