VITAMINS & MINERALS

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VITAMINS!!!

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- Vitamins are needed in small amounts by the body.

There are two groups of vitamins:

- Water-soluble - These dissolve in Vitamins B and C
- Fat-soluble - These dissolve in Vitamins A, D, E and K

VITAMIN C

Sources: Fruit and Vegetables

Functions: General Health, healthy skin and gums, repair and helps absorb iron

RDA: 30mg for Adults, more for teenagers

Diseases: Scurvy, Gun Disease

Another word for Vitamin C is Ascorbic Acid

VITAMIN B

There are six vitamins in the Vitamin B group.

Sources: Nuts, Peas, Beans, Lentils, Yeast Bread, Brown Bread, Meat, Fish, Milk, Eggs and Cheese

Functions: Growth, Healthy Nervous System, Controls the Release of Energy from food, Prevents Neural Tube Defect, Release Energy From Food

RDA: 30mg for Adults but more for teenagers. 0.4mg of Folic Acid should be taken
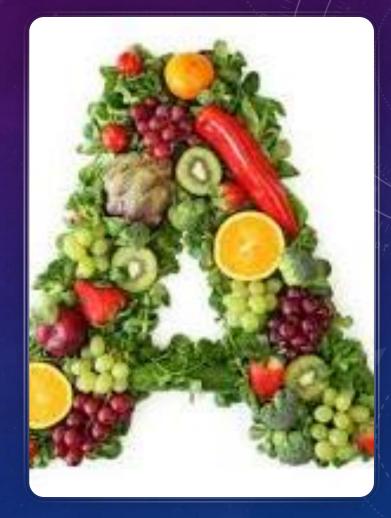
Diseases: Beri-Beri, Pellagra and much more

VITAMIN A

Sources: Fish Liver Oils, Oily Fish, Kidney, Liver, Milk, Eggs, Margarine and Highly Coloured Vegetables
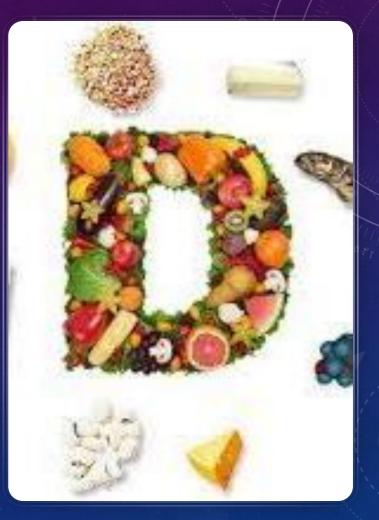
Function: Healthy Eyes, Lining of Nose and Throat, Good General Health, Growth

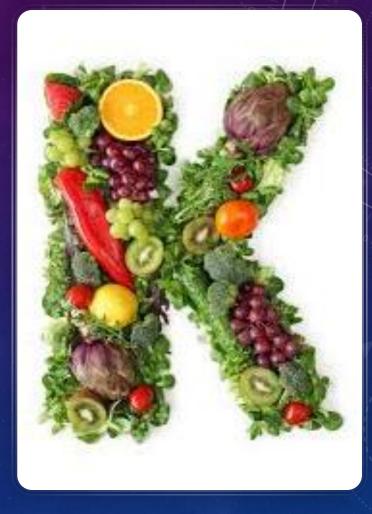Diseases: Slowed Growth, Night Blindness, Lining of the Nose and Throat Become Dry

VITAMIN D

Sources: Sunshine, Fish Liver Oils, Oily Fish, Margarine, Liver, Cheese, Eggs

Function: Works With Calcium for Healthy Bones and Teeth
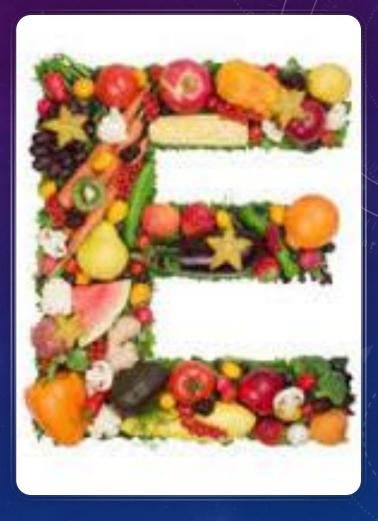
Diseases: Rickets, Osteomalacia, Osteoporosis

Sources: Made in the Bowel, Green Vegetables, Cereals

Function: Helps the Blood to Clot
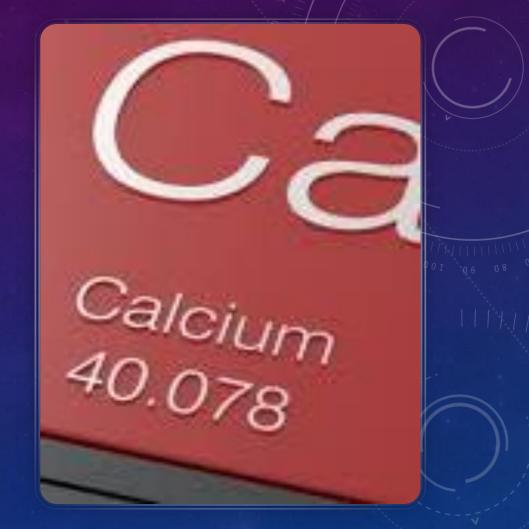
Diseases: Problems with Blood Clotting

Source: Plant Sources

Function: It's an antiocidant, it stops heart disease and cancer

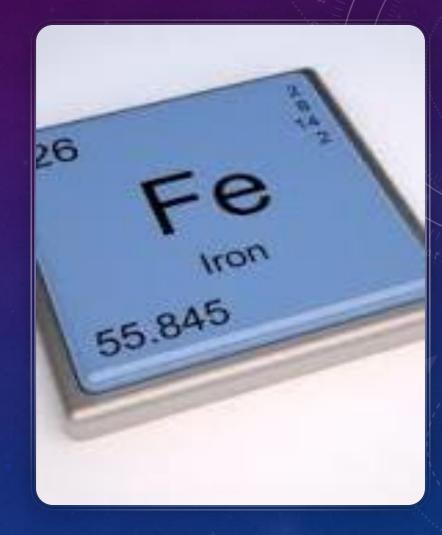Diseases: Heart Disease and Cancer

MINERALS!!!

CALCIUM

Sources: Milk, Cheese, Yoghurt, Tinned Fish, Water, Cereals, Bread, Beans, Green Leafy Vegetables

Diseases: Osteomalacia, Osteoporosis, Rickets

RDA: 800mg for Children and Adults, 1200mg for Teenagers and Pregnant Women

IRON

Sources: Red Meat, Offal, Green Vegetables

Diseases: Haeimogloloin, Anaemia

IODINE

Sources: Sea Fish, Seaweed, Sea Salt, Vegetables, Cereals, Milk

Functions: Needed for a Healthy Thyroid Gland (In the Neck)

Diseases: Goitre

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