



# Vitamins

## Sources of Vitamins

**vitamin A**

cheese, eggs, oily fish (vitamin A is also made from beta-carotene, which is found in spinach, carrots and apricots)

**vitamin B12**

meat, fish, milk, eggs

**vitamin C**

oranges, red and green peppers, broccoli, potatoes

**vitamin D**

oily fish, red meat, eggs (the body also creates vitamin D from sunlight)

**folic acid**

broccoli, brussels sprouts, spinach, peas

Vitamins are essential nutrients that your body needs in small amounts to **keep the body healthy**.

Vitamin	Function	Consequence of Deficiency
vitamin A	Helps vision in dim light, keeps skin healthy and helps the immune system to work properly.	Vitamin A deficiency can lead to night blindness, dry skin and respiratory infections.
vitamin B12	Important in making red blood cells, which carry oxygen around the body.	Vitamin B12 deficiency anaemia, which causes the body to produce abnormally large red blood cells that can't function correctly.
vitamin C	Helps the body make red blood cells and releases energy from food.	Vitamin C deficiency is called scurvy. This can prevent wounds from healing properly, cause your gums to bleed and teeth to fall out.
vitamin D	Keeps cells healthy, helps wounds to heal and maintains healthy skin and tissues.	In extreme cases, this can lead to rickets – a disease that results in soft, weak bones.
folic acid (vitamin B9)	Helps the brain, skull and spinal cord to develop in unborn babies. Pregnant women, or those trying for a baby, are advised to take folic acid supplements until they're 12 weeks pregnant.	Spina bifida in babies, in which the spine and spinal cord don't develop properly. Folate deficiency anaemia, which causes the body to produce abnormally large red blood cells that can't function correctly.

