

Name \_\_\_\_\_

Date \_\_\_\_\_

## 10 Essential Vitamins

List foods that contain these important vitamins.

<b>A</b> Retinol	Needed for healthy bones, teeth, skin, eyes, and nervous, respiratory, and digestive systems.
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<b>B1</b> Thiamine	Helps release energy from food. Benefits heart and nervous system.
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<b>B2</b> Riboflavin	Promotes healthy skin and helps body cells use oxygen.
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<b>B3</b> Niacin	Essential for cell metabolism and use of carbohydrates.
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<b>B5</b>	Needed for protein, fat, and carbohydrate metabolism.
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<b>Pantothenic Acid</b>	Helps convert protein, fat, and carbohydrates into energy.
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<b>B6</b> Cyanocobalamin	Needed for development of red blood cells and healthy functioning of the nervous system.
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<b>B7</b> Biotin	Helps form fatty acids and maintains healthy skin.
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<b>B9</b>	Helps produce red blood cells.
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<b>C</b> Ascorbic acid	Needed for sound teeth and bones. Helps the healing process.
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<b>D</b> Calciferol	Needed for calcium and phosphorus metabolism.
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<b>E</b> Tocopherol	Helps maintain cell membranes and other body structures.
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<b>K</b> Phylloquinone	Essential for normal blood clotting.
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