Name: _____ Date: _____

13 Essential Vitamins!

List foods that contain these important vitamins.

A Retinol	Needed for healthy bones, teeth, skin, eyes and nervous, respiratory and digestive systems	
B1 Thiamine	Helps release energy from food. Benefits heart and nervous system	
B2 Riboflavin	Promotes healthy skin and helps body cells use oxygen	
Niacin	Essential for cell metabolism and use of carbohydrates	
B6	Needed for proteins, fat, and carbohydrate metabolism	
Pantothenic Acid	Helps convert proteins, fats, and carbohydrates into energy	
B12 Cobalamin	Needed for development of red blood cells and healthy functioning of the nervous system	
H Biotin	Helps form fatty acids and maintains healthy skin	
Folate	Helps produce red blood cells	
C Ascorbic acid	Needed for sound teeth and bones. Helps the healing process	
D Cholecalciferol	Needed for calcium and phosphorus metabolism	
E Tocopherol	Helps restore cell membranes and other body structures	
K Phytonadione	Essential for normal blood clotting	

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