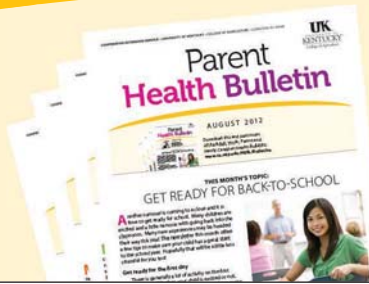


Parent Health Bulletin



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THIS MONTH'S TOPIC: VITAMINS FOR A HEALTHY BODY



Making sure your child gets all the vitamins he or she needs to grow can sometimes be hard. One way to ensure your child is getting the most nutrients possible from the foods he or she eats is to have many different colors of foods on the same plate. Try some brown rice, chicken, broccoli and carrots with a red apple for dessert. This will provide a variety of colors and vitamins.

There are two types of vitamins: fat soluble and water soluble. Fat soluble vitamins are found in the liver and fatty tissue in the body. They stay in the body until they are needed. Fat soluble vitamins could stay in the body up to six months. When they are needed, these vitamins are moved to where they will be used. Some of these vitamins are vitamins A, D, E and K.

Water soluble vitamins are very important. These vitamins do not get stored in the body; instead, they travel through the blood. If a person consumes too

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Vitamin C helps the body heal and keeps muscles in good shape. It is found in citrus fruits, strawberries, tomatoes and broccoli.

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much of these vitamins and the body does not use them, they are removed from the body through the urine. These vitamins do not stay in the body, so you need to make sure you continue to get them by eating foods that contain the water soluble vitamins. Water soluble vitamins include vitamin C and all the B vitamins, including niacin and folic acid.

Here are some of the different vitamins and the foods where they are found:

- **Vitamin A.** This vitamin helps eyesight and is found in orange fruits and vegetables and dark green, leafy vegetables.
- **Vitamin B.** Vitamin B is a larger group that includes: B1, B2, B6, B12, niacin and folic acid. They help make energy and are needed to help carry oxygen through the body. B vitamins are found in whole grains, fish and seafood, eggs, dairy products, beans and peas.
- **Vitamin C.** This vitamin helps the body heal and keeps muscles in good shape. Vitamin C is found in citrus fruits, cantaloupe, strawberries, tomatoes and broccoli.
- **Vitamin D.** This vitamin is essential for strong bones. It is found in fortified milk, fish, egg yolks and fortified cereals.
- **Vitamin E.** This vitamin protects the cells and tissues in the body. This vitamin is found in whole grains, leafy, green vegetables, egg yolks, nuts and seeds.
- **Vitamin K.** This vitamin helps blood clot. It can be found in leafy, green vegetables, dairy products and broccoli.

One way to ensure your child is getting the most nutrients is to have many different colors of foods on the same plate.



Remember — eating many different foods is an important way to be sure the body gets all the vitamins it requires to be healthy.

1. Make a list of what your family had for dinner yesterday:

2. What vitamins did your family eat?

3. What vitamins was your family missing?

REFERENCE:

Nemours Kidshealth.(2011). Vitamins. Accessed at : <http://kidshealth.org/kid/nutrition/food/vitamin.html>

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