

Nutrients

Vitamins

What do vitamins do for your body?

- ◆ Vitamins help the body **produce energy**.
- ◆ Vitamins are compounds that help **regulate body processes** such as:
 - Digestion
 - Growth
 - Metabolism
 - Hormone development
 - Wound healing
 - Nerve function

How can you get the vitamins you need?

- ◆ Vitamins are found in **all food groups**.
- ◆ Common sources of vitamins are **fruits** and **vegetables**.
 - Green leafy and yellow vegetables are especially good sources of **vitamins A** and **B**.
 - Oranges, grapefruit, lemons, limes and green chilies are excellent sources of **vitamin C**.
 - The body makes **vitamin D** through exposure to sunlight.

What if you don't get enough vitamins?

- ◆ **Vitamin deficiencies** can cause a wide range of health problems including several diseases **rarely seen in the U.S.** These include:
 - scurvy (caused by not enough vitamin C)
 - beriberi (caused by lack of vitamin B)
 - rickets (caused by lack of vitamin D)
- ◆ **Vitamin deficiency in this country** primarily cause:
 - Poor regulation of internal body processes.
 - The body not being able to produce high levels of energy.