

Vitamins

Why micronutrients are important



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Part four and the final part of the vitamin handout. Last week, we looked at Vitamin B3 (Niacin), Vitamin B6 and Vitamin K. Next week we will start to look at Minerals.

As a recap

- ▶ Vitamin B3 is involved in the production and breakdown of our macro nutrients
- ▶ Vitamin B6 helps us you use fat as fuel and manufactures insulin and
- ▶ Vitamin K helps prevent blood clotting.

This week we look at:

Vitamin B12 (just the one vitamin today)

Vitamin B12 is required for normal growth and development. Other benefits of this vitamin include

- ▶ Production of red blood cells
- ▶ Protection and function of nerve cells
- ▶ DNA manufacture

As most sources of Vitamin B12 come from meat and offal, vegetarians need to consider other food types to ensure they get their daily recommended intake.

Non-vegetarian / vegan



Meat



Eggs



Milk

Vegetarian / Vegan



Green vegetables



Fortified cereals



Cod fillet

Meal ideas for the week

- **Breakfast** - Kellogg's Corn Flakes or All-Bran cereal
- **Breakfast** - Eggy bread? Or maybe an Eggs Benedict / Florentine
- **Lunch** - NCG Skinny Tomato And Vegetable Green Soup
- **Dinner** - A cod fillet with green vegetables