Vitamins

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Part two of our vitamin handout looks at three more important vitamins.

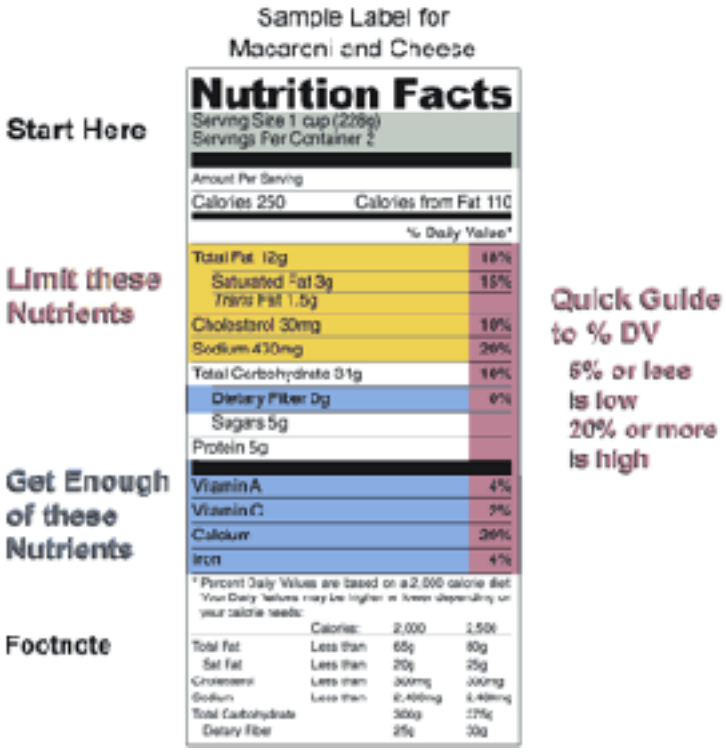
Last week, we looked at Vitamin A, Vitamin B2 (Thiamin) and Vitamin C.

This week we look at:

- Vitamin B2 (Riboflavin)
- Vitamin D
- Vitamin E

The key to vitamin intake is to eat good sources of Carbohydrates, Fats and Proteins. These contain the vital vitamins you need as part of a balanced and nutritional diet.

Always read the label but don't get too obsessed. It's easily done.



Vitamin B2 (Riboflavin)

Vitamin B2 is another water-soluble vitamin which means we need to eat plenty of it, as any wastage is lost when we go to the loo!

This vitamin, like vitamin B1, helps with releasing energy. This time it helps to release energy from fat and protein. B1 releases energy from Carbohydrates.

Not eating enough Vitamin B2 can lead to skins complaints around the nose and mouth. Sources of food that contain Vitamin B2 include cheese, milk and fortified cereals.

Vitamin D

A fat-soluble vitamin. Vitamin D helps promote calcium and phosphate absorption from food. By doing this, vitamins helps us to have healthy teeth and bones.

Few sources of vitamin D exist in the food chain however. Sunlight is so important in the manufacture of vitamin D.

Try to get as much sun exposure as possible without getting burnt. Research suggests this vitamin aids the brain, nervous system, cell growth and our immune system.

Oily fish like mackerel and egg yorks are known to be good sources of vitamin D too.

Vitamin E

Vitamin E protects cell membranes from damage. It's an antioxidant that fights 'free radicals', cells that are 'incomplete'.

A lack of Vitamin E can lead to poor fat absorption that may affect the nervous system.

Nuts and vegetables are good sources of Vitamin E.

Future food ideas from these three vitamins

- Cheese sandwich for lunch - **Vitamin B2**
- Mackerel for dinner - **Vitamin D (and sunlight)**
- A handful of almond nuts - **Vitamin E**