

Vitamins

Why micronutrients are important



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

Last week, we looked at Vitamin B2 (Riboflavin), Vitamin D and Vitamin E.

Vitamin B2 helps release energy from protein and fat, Vitamin D is the need for a good supply of sunlight or oily fish and Vitamin E is an antioxidant, it helps fight incomplete cells that attempt to raid health ones.

This week we going to look at:

- Vitamin B3 (Niacin)
- Vitamin B6
- Vitamin K

Vitamin B3 (Niacin)

Vitamin B3 is involved in the production and breakdown of glucose (Carbs), amino acids (Protein) and fatty acids (Fats).

As Vitamin B3 is a water-soluble vitamin eat plenty of it but not too much!

Beef is a rich source of vitamin B3.



Vitamin B6

Vitamin B6 has lots of great benefits

- Fat metabolism
- Glycogen metabolism
- Manufactures insulin
- Production of haemoglobin

There are some great sources of Vitamin B6. You're eating these already - banana, meat and walnuts

Salmon is another great source



Vitamin K

Vitamin K helps prevent blood clotting through the formation of blood clotting proteins.

Good sources of Vitamin K are vegetables. Sprouts, cauliflower, spinach and cabbage



Future food ideas from these three vitamins

- ▶ Sunday roast, sweet potato chips and plenty of veg but not too many Yorkshires - **Vitamin B3**
- ▶ Salmon with plenty of veg - corn on the cobb - **Vitamin B6**
- ▶ Sprout soup (only joking). Try to include sprouts, cabbage in your Sunday Roast - **Vitamin E**