

# Eating Your A, B, C's...

You don't need much of them, but you can't live without them. Vitamins are a group of 13 substances that the body needs. For the most part, you get vitamins and minerals from the food you eat.



**Vitamin A** is also called retinol. It is necessary for healthy vision and also helps create strong bones and teeth, as well as a strong immune system.



## Vitamin B

is a group of vitamins that help the body turn food into energy. They are also needed to make red blood cells and the genetic materials DNA and RNA.



The vitamin B group includes:

- \*B1 (thiamin)
- \*B2 (riboflavin)
- \*B3 (niacin)
- \*B5 (pantothenic acid)
- \*B6 (pyridoxine)
- \*B9 (folic acid)
- \*B12 (cobalamin)
- \*BIOTIN



**Vitamin D** is made by the body when it is exposed to the sun. The vitamin is also found in certain foods. Vitamin D helps the body absorb the mineral calcium. It also helps build strong bones and teeth.



**Vitamin C**, also called ascorbic acid, is necessary for making collagen, which holds body cells together. It also aids in the healing of wounds and burns and helps build strong teeth and bones.



**Vitamin E** helps maintain healthy red blood cells and muscle tissue.



**Vitamin K** is necessary for blood to clot when you get a cut. Half of the vitamin comes from the food you eat; the other half is manufactured by bacteria in your intestines.

