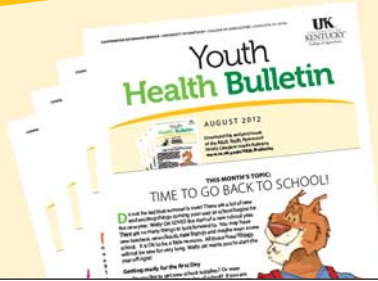


Youth Health Bulletin



JANUARY 2014

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THIS MONTH'S TOPIC: VITAMINS

Wally Cat likes to eat many different kinds of food. Sometimes, he even makes a game by seeing if he can make a rainbow of colors with the fruits and vegetables that he eats. Do you eat many different foods? One of the good things about eating many different foods is that you are more likely to get all the vitamins needed to help you grow. Wally Cat wants to be a big and strong wildcat, so he eats plenty of fruits and vegetables!

What are vitamins?

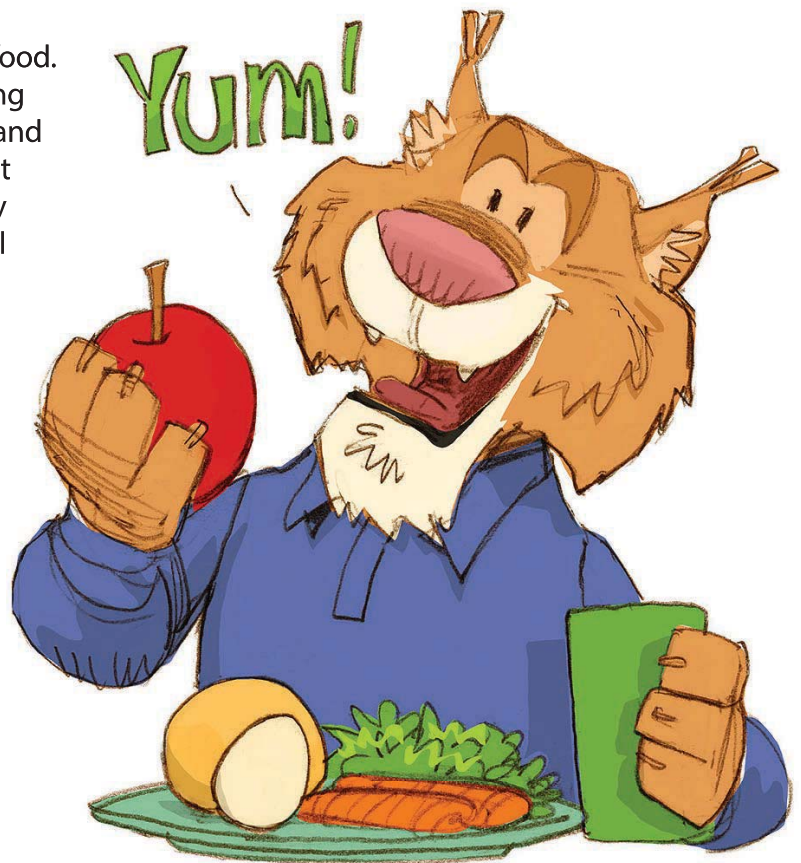
Vitamins are needed to help the body work every day. Vitamins can help us grow, heal and even see.

Are there different types of vitamins?

There are two types of vitamins: fat soluble and water soluble.

- **Fat soluble vitamins** are found in your liver and the fatty tissue in the body. They stay

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The key to getting all the vitamins your body needs is to eat many different foods.

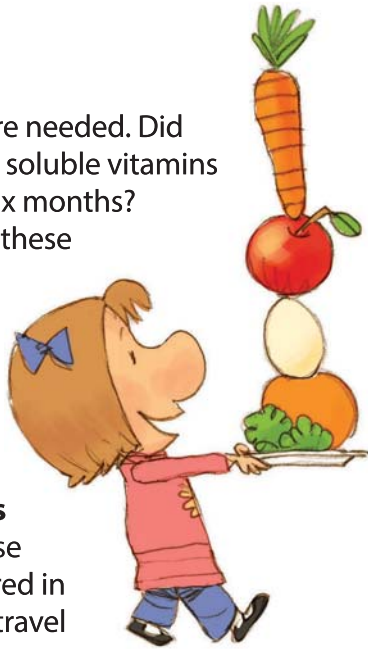
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in the body until they are needed. Did you know that some fat soluble vitamins stay in the body up to six months? When they are needed, these vitamins are moved to the area of the body where they will be used. Some of these fat soluble vitamins are vitamins A, D, E and K.

• **Water soluble vitamins** are very important. These vitamins do not get stored in the body. Instead, they travel through your blood. If you have too much of these vitamins and the body does not use them, they are removed from the body when you go to the bathroom. These vitamins do not stay in the body, so you need to make sure you continue to eat food where they can be found. Water soluble vitamins include vitamins C and all of the B vitamins, including niacin and folic acid.

Just like Wally Cat, the key to getting all the vitamins your body needs is to eat many different foods. Here are some of the vitamins and the foods where they are found.

- **Vitamin A.** This vitamin helps eyesight and is found in orange fruits and vegetables and dark green, leafy vegetables.
- **Vitamin B.** Vitamin B is a larger group that includes: B1, B2, B6, B12, niacin and folic acid. They help make energy and are needed to help carry oxygen through the body. B vitamins are found in whole grains, fish and seafood, eggs, dairy products, beans and peas.
- **Vitamin C.** This vitamin helps the body heal and keeps muscles in good shape. Vitamin C is found in citrus fruits, cantaloupe, strawberries, tomatoes and broccoli.

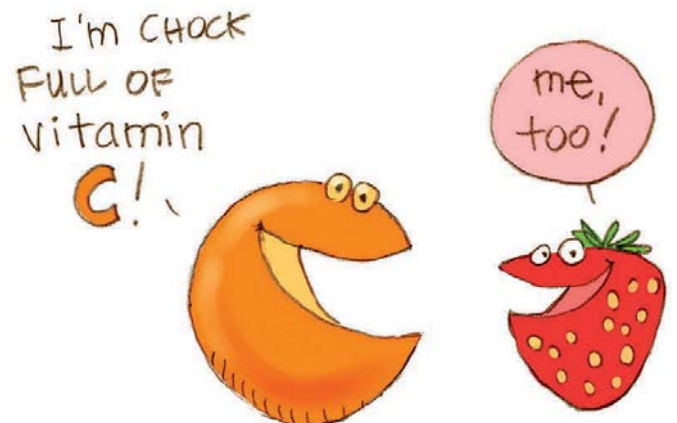


- **Vitamin D.** This vitamin is essential for strong bones. It is found in fortified milk, fish, egg yolks and fortified cereals.
- **Vitamin E.** This vitamin protects the cells and tissues in the body. This vitamin is found in whole grains, leafy, green vegetables, egg yolks, nuts and seeds.
- **Vitamin K.** This vitamin helps blood clot. It can be found in leafy, green vegetables, dairy products and broccoli.

1. Make a list of the foods you ate yesterday:

2. What vitamins did you eat?

3. What vitamins were you missing?



REFERENCE:

Nemours Kidshealth.(2011). Vitamins.
Accessed at : <http://kidshealth.org/kid/nutrition/food/vitamin.html>

Youth
Health Bulletin

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