

Appendix H: Vitamin Facts

VITAMIN	U.S. RDA*	BEST SOURCES	FUNCTIONS
A (carotene)	5,000 IU/day	Yellow of orange fruits and vegetables, green leafy vegetables, fortified oatmeal, liver, dairy products	Formation and maintenance of skin, hair and mucous membranes; helps vision in dim light; bone and tooth growth
B1 (thiamine)	1.2 mg/day	Fortified cereals and oatmeals, meats, rice and pasta, whole grains, liver	Helps body release energy from carbohydrates during metabolism; growth and muscle tone
B2 (riboflavin)	1.3 mg/day	Whole grains, green leafy vegetables, organ meats, milk and eggs	Helps body release energy from protein, fat and carbohydrates during metabolism
B6 (pyridoxine)	1.3 mg/day	Fish, poultry, lean meats, bananas, prunes, dried beans, whole grains, avocados	Helps build body tissue and aids in metabolism of protein
B12 (cobalamin)	2.4 mcg/day	Meats, milk products, seafood	Aids cell development, functioning of the nervous system and the metabolism of protein and fat
Biotin	30 mcg/day	Cereal/grain products, seafood	Involved in metabolism of protein, fats and carbohydrates
Folate (folacin, folic acid)	400 mcg/day	Green leafy vegetables, organ meats, dried peas, beans and lentils	Aids in genetic material development; involved in red blood cell production
Niacin	16 mg/day	Meat, poultry, fish, enriched cereals, peanuts, potatoes, dairy products, eggs	Involved in carbohydrate, protein and fat metabolism
Pantothenic Acid	5 mg/day	Lean meats, whole grains, legumes, vegetables, fruits	Helps in the release of energy from fats and carbohydrates
C (ascorbic acid)	90 mg/day	Citrus fruits, berries and vegetables - especially peppers	Essential for structure of bones, cartilage, muscle and blood vessels; helps maintain capillaries and gums, aids in absorption of iron
D	400 IU/day	Fortified milk, sunlight, fish, eggs, butter, fortified margarine	Aids in bone and tooth formation; helps maintain heart action and nervous system
E	30 IU/day	Fortified and multi-grain cereals, nuts, wheat germ, vegetable oils, green leafy vegetables	Protects blood cells, body tissue and essential fatty acids from harmful destruction in the body

K	**	Green leafy vegetables, fruit, dairy and grain products	Essential for blood clotting functions
<i>*For adults and children over 19. IU= international units; mg=milligrams, mcg=micrograms</i>			