

NUTRIFAX[®]

2008

FAT SOLUBLE VITAMINS

The fat soluble vitamins used in the body are called: A, D, E and K. Vitamins are important substances your body needs in very small amounts for normal growth, function and development. Vitamins cannot be made in your body and unless you have a known deficiency are best obtained from natural food sources.

Fat-soluble vitamins are special because they are stored in the body while water soluble vitamins are not. To avoid toxicity, fat-soluble vitamins should **not** be taken in high dosages and the Recommended Dietary Allowances should be followed if you are taking a supplement form.

FUNCTIONS AND SOURCES OF FAT SOLUBLE VITAMINS:

VITAMIN A

Vitamin A has essential roles in vision, growth, immune function and reproduction. Vitamin A occurs in foods of animal origin. Good sources are liver, egg yolk, milk and butter. The form of Vitamin A found in fruits and vegetables is beta-carotene. Beta-carotene also acts as an antioxidant in the body. It can be found in dark green, leafy, yellow-orange vegetables and fruit. Deeper color fruits and vegetables are associated with higher levels of the vitamin compound.



VITAMIN D



Vitamin D, the “sunshine” vitamin, is really a hormone produced in the body. It is important for bone growth and density and healthy gums. Modest amounts of sunlight are sufficient for most people to produce their own vitamin D.



In addition to sunlight, approximately 98% of all fluid milk sold in the United States is fortified with Vitamin D. Other Vitamin D sources are some brands of yogurt, cereal, and orange juice. To ensure strong bones and teeth don't forget to drink your milk!

VITAMIN E

Vitamin E is recognized as having a fundamental role in the normal metabolism of all cells in the body. It is a strong antioxidant that has shown evidence for protecting the body from coronary artery disease and certain cancers. Sources are found primarily in plant oils (wheat germ and vegetable), fortified breakfast cereals, nuts (almonds, hazelnuts, peanuts, hickory, pistachio), margarine, wheat germ and peanut butter.

VITAMIN K

Vitamin K is known for its important blood clotting factors and bone health. Vitamin K is present in alfalfa, oats, wheat, rye, green leafy vegetables, especially broccoli, turnip greens, and dark lettuces. Large doses of Vitamin K should be avoided due to an increased risk of anemia.

*Food and Nutrition Services
can assist you in providing
nutrition information.
Call 703-813-4800 and ask for
a Registered Dietitian.*