## Fat-Soluble Vitamins (Key)

Complete the functions and food sources for each vitamin.

<table>
<thead>
<tr>
<th>Mineral</th>
<th>Functions</th>
<th>Food Sources</th>
</tr>
</thead>
</table>
| Vitamin A | • Promotes good vision  
• Helps maintain tissues and skin  
• Supports reproduction and growth | • Dairy products  
• Liver  
• Egg yolks  
• Foods high in beta carotene  
  • Carrots, sweet potato, broccoli, dark green leafy vegetables | |
| Vitamin D | • Works with calcium and phosphorus to ensure bone growth | • Fortified dairy products  
• Egg yolks  
• Higher-fat fish – herring, salmon and mackerel  
• Fortified breakfast cereals | |
| Vitamin E | • Powerful antioxidant  
• Protects cells from oxidation damage  
• May reduce risk of heart disease and some cancers | • Nuts and seeds  
• Green leafy vegetables  
• Wheat germ  
• Vegetable oils  
• Soybean oils | |
| Vitamin K | • Helps blood to clot so wounds stop bleeding  
• Helps with bone health | • Green leafy vegetables  
• Other vegetables  
• Dairy products  
• Some fruits | |