Fat - Soluble Vitamins

- Vitamin A
- Vitamin D
- Vitamin E
- Vitamin K
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Fat Soluble Vitamins

• Are absorbed and transported by fat
• Excess vitamins are stored in the liver
• Body draws on stored vitamins when needed
• Large amounts can harm the body
• People who take vitamin supplements are advised to use caution
Vitamin A

Functions

• Promotes good vision
• Helps maintain tissues and skin
• Supports reproduction and growth

Food Sources

• Dairy products
• Liver
• Egg yolks
• Foods high in beta carotene
  – Carrots
  – Sweet potato
  – Broccoli
  – Dark green leafy vegetables
Vitamin D

Functions

• Works with calcium and phosphorus to ensure bone growth

Food Sources

• Fortified dairy products
• Egg yolks
• Higher-fat fish – herring, salmon and mackerel
• Fortified breakfast cereals
Vitamin E

Functions

• Powerful antioxidant
• Protects cells from oxidation damage
• May reduce risk of heart disease and some cancers

Food Sources

• Nuts and seeds
• Green leafy vegetables
• Wheat germ
• Vegetable oils
• Soybean oils
Vitamin K

Functions
• Helps blood to clot so wounds stop bleeding
• Helps with bone health

Food Sources
• Green leafy vegetables
• Other vegetables
• Dairy products
• Some fruits
Questions?
References and Resources

Textbooks:

Website: