

Vitamins

Essential Vitamins

Vitamins are sorted into two (2) separate nutrient categories. Various micronutrients are categorized within their nutrient categories. Identify which micronutrients are classified as fat-soluble versus water-soluble.

	Fat-Soluble Vitamins	Water-Soluble Vitamins
Vitamins	Vitamin E Vitamin D Vitamin A Vitamin K	Riboflavin Thiamin Vitamin C Folate Cobalamin

Types of Vitamins

Which vitamins cannot be stored by the body? Select all that apply.

Vitamin A

Vitamin C

B-complex vitamins

Folate

Vitamin E

Vitamins

How can individuals ensure their vitamin intake meets their body's requirements?

Have labs drawn monthly to check therapeutic levels.

Take a vitamin supplement.

Rely on food purchases being fortified with vitamins.

Ensure the diet includes a variety of foods from all of the food groups.

Function of Vitamins

What functions within the body are supported by vitamins? Select all that apply.

Acting as a precursor molecule

Aiding in digestion

Maintaining fluid balance

Buffering chemical reactions

Creating gastric acid