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Vitamins & Minerals

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Vitamins & Minerals

Vitamin means ‘vital for life’. Vitamins and minerals are compounds necessary for the healthy functioning of our bodies. We need vitamins and minerals to help us grow, to see properly, to make bones, muscles, skin and organs, as well as to help us battle infections. Deficiencies in certain vitamins and minerals can lead to serious problems. The best way to ensure your child receives enough vitamins and minerals for normal growth and development is to provide a wide variety of fresh foods from the **five food groups** including **whole grain breads and cereals, vegetables, fruit, meat, fish, poultry, eggs, nuts and legumes**, and **dairy products** such as milk, cheese and yoghurt.

Water soluble vitamins

VITAMIN	What it does for our bodies	Where do we get it from
B1 (thiamin)	<ul style="list-style-type: none"> • Helps release energy from carbohydrates • Is needed for proper working of the heart, digestive and nervous systems • Important for growth 	<ul style="list-style-type: none"> • Yeast extracts (e.g. Vegemite) • Wheatgerm and wheat bran • Nuts and seeds • Fortified bread and breakfast cereals • Lean pork • Wholemeal flour and cereals
B2 (riboflavin)	<ul style="list-style-type: none"> • Important for growth and repair of tissues, especially the skin and eyes • Helps release energy from food 	<ul style="list-style-type: none"> • Dairy products (milk, cheese, yoghurt) • Yeast extracts (e.g. Vegemite) • Egg whites • Almonds • Mushrooms • Wholemeal flour and cereals • Green vegetables
B3 (niacin)	<ul style="list-style-type: none"> • Helps to release energy from food 	<ul style="list-style-type: none"> • Lean meat • Yeast



	<ul style="list-style-type: none"> • Important for growth • Helps control cholesterol levels • Important for nervous system and digestive health 	<ul style="list-style-type: none"> • Bran • Peanuts • Tuna and salmon • Legumes • Fortified breakfast cereals • Eggs • Vegetables • Milk
B6 (pyridoxine)	<ul style="list-style-type: none"> • Helps process protein and carbohydrate • Assists in making red blood cells • Important for brain function and immune system health 	<ul style="list-style-type: none"> • Lean meat and poultry • Fish • Yeast extracts (e.g. Vegemite) • Soybeans • Nuts • Wholegrains • Green leafy vegetables
Pantothenic acid	<ul style="list-style-type: none"> • Helps process carbohydrate, fat and protein for energy • Involved in the formation of fatty acids and cholesterol 	<ul style="list-style-type: none"> • Yeast extracts (e.g. Vegemite) • Fish • Lean meat • Legumes • Nuts • Eggs • Green leafy vegetables • Bread and cereals
B12 (cyano-cobalamin)	<ul style="list-style-type: none"> • Works with folate to produce new blood and nerve cells and DNA • Helps process carbohydrate and fat 	<ul style="list-style-type: none"> • Found only in animal products (lean meat, chicken, fish, seafood, eggs and milk) • Fortified soy products
Biotin	<ul style="list-style-type: none"> • Helps process fat and protein • Important for growth and nerve cell function 	<ul style="list-style-type: none"> • Egg yolk • Oats • Wholegrains • Legumes • Mushrooms • Nuts
Folate (folic acid)	<ul style="list-style-type: none"> • Produces red blood cells and DNA • Keeps the nervous system 	<ul style="list-style-type: none"> • Yeast extracts (e.g. Vegemite) • Green leafy vegetables • Wholegrains

	<p>healthy</p> <ul style="list-style-type: none"> • Important in early pregnancy to prevent neural tube defects 	<ul style="list-style-type: none"> • Peas • Nuts • Avocado
C (ascorbic acid)	<ul style="list-style-type: none"> • Needed for healthy skin, gums, teeth, bones and cartilage • Assists with absorption of some types of iron • Assists with wound healing and resistance to infection 	<ul style="list-style-type: none"> • Fruit and vegetables (citrus fruit and juices, berries, pineapple, mango, pawpaw, capsicum, parsley, broccoli, spinach, cabbage)

Fat soluble Vitamins

VITAMIN	What it does for our bodies	Where we get it from
A (occurs as both retinol and beta-carotene, which is then converted by the body into retinol)	<ul style="list-style-type: none"> • Essential for eyesight, especially night vision • Essential for normal growth in children • Keeps the skin in the mouth, respiratory tract and urinary tract moist (protects against harmful bacteria) • Builds immunity (ability to fight infections) 	<p>Retinol</p> <ul style="list-style-type: none"> • Oily fish (salmon, sardines, herring) • Full cream dairy products • Butter and table margarine • Egg yolk <p>Beta-carotene</p> <ul style="list-style-type: none"> • Orange, yellow and green fruits and vegetables (carrots, spinach, apricots, mango, pumpkin, broccoli)
D (cholecalciferol)	<ul style="list-style-type: none"> • Works with calcium and phosphorus to make strong, healthy bones and teeth • A deficiency in Vitamin D can cause rickets, which increases the chance of a child having fractures 	<ul style="list-style-type: none"> • Sunlight (about 10 minutes every day) • Cod liver oil and oily fish (herring, salmon, tuna and sardines) • Fortified margarine • Eggs
E (tocopherol)	<ul style="list-style-type: none"> • This antioxidant may play 	<ul style="list-style-type: none"> • Wheatgerm

	a role in preventing cancer and heart disease	<ul style="list-style-type: none"> • Vegetable oils and margarine • Nuts and seeds • Eggs • Wholegrains • Fish • Fruit and vegetables
K (phylloquinone)	<ul style="list-style-type: none"> • Essential for blood clotting 	<ul style="list-style-type: none"> • Green leafy vegetables • Broccoli and cauliflower • Eggs • Cheese • Wholemeal flour and bread

Minerals

MINERAL	What it does for our bodies	Where we get it from
Calcium	<ul style="list-style-type: none"> • Essential for building strong healthy bones and teeth • Helps muscle contraction and nerve function • Helps blood clotting 	<ul style="list-style-type: none"> • Dairy products (milk, cheese and yoghurt) • Canned sardines and salmon with bones • Wholegrains • Tofu and soy fortified drinks • Broccoli • Almonds
Chromium	<ul style="list-style-type: none"> • Helps with normal growth • Plays a role in controlling blood sugar levels 	<ul style="list-style-type: none"> • Yeast extract (vegemite, Marmite) • Egg yolk • Liver and kidney • Lean meat • Wholegrains • Cheese
Copper	<ul style="list-style-type: none"> • Joins with iron in formation of red blood cells • Helps with the functioning of the nervous system 	<ul style="list-style-type: none"> • Oysters, crab, lobster, mussels • Nuts • Yeast extract (e.g.

		<p>Vegemite)</p> <ul style="list-style-type: none"> • Wholegrains
Fluorine / Fluoride	<ul style="list-style-type: none"> • Helps with the structure of healthy bones and teeth • Decreases the chance of dental caries • Helps in the prevention of osteoporosis 	<ul style="list-style-type: none"> • Fluoridated drinking water • Fish • Tea
Iodine	<ul style="list-style-type: none"> • Promotes normal thyroid function • Helps brain function and normal growth 	<ul style="list-style-type: none"> • Seafood • Seaweed • Iodised salt • Bread (through iodised salt)
Iron	<ul style="list-style-type: none"> • Helps red blood cells carry oxygen around the body • Prevents anaemia 	<ul style="list-style-type: none"> • Lean red meat, poultry, seafood • Dark leafy vegetables • Fortified breakfast cereals • Wholegrains • Legumes • Eggs
Magnesium	<ul style="list-style-type: none"> • Provides structure for healthy bones • Involved in the release of energy from food • Essential for muscle and nerve function 	<ul style="list-style-type: none"> • Milk • Wholegrains • Green leafy vegetables • Legumes • Lean meats and fish • Nuts and seeds • Bananas
Manganese	<ul style="list-style-type: none"> • Helps in the formation of healthy bones • Helps in the processing of carbohydrates, cholesterol and protein 	<ul style="list-style-type: none"> • Nuts • Wholegrains • Cereals • Vegetables • Oils
Phosphorus	<ul style="list-style-type: none"> • Works with calcium in the formation of strong healthy bones and teeth • Helps the body to store and use energy 	<p>Widely available in many foods however the richest sources are:</p> <ul style="list-style-type: none"> • Meat • Milk and cheese • Eggs

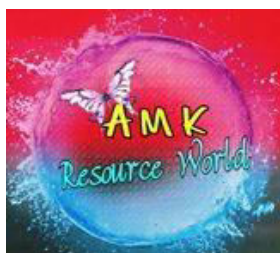
		<ul style="list-style-type: none"> • Yeast extract (e.g. Vegemite) • Bran and wheat germ • Nuts and seeds
Potassium	<ul style="list-style-type: none"> • Controls nerve impulses and muscle contractions • Helps maintain fluid balance 	<ul style="list-style-type: none"> • Nuts • Yeast extract, e.g. Vegemite • Dried fruit • Bananas • Bran and wheat germ • Raw fruit and vegetables • Lean meat and fish
Sodium/Salt	<ul style="list-style-type: none"> • Controls nerve impulse transmission • Helps maintain water balance 	<p>Foods high in sodium are processed or commercial products:</p> <ul style="list-style-type: none"> • Table, sea and vegetable salt • Sauces and stocks • Yeast extract, e.g. Vegemite • Processed meats (ham, devon, salami) • Cheese • Bread
Zinc	<ul style="list-style-type: none"> • Aids in wound healing and immune function • Essential for normal taste, smell and sight • Helps in the formation of strong bones 	<ul style="list-style-type: none"> • Lean meat, fish and chicken • Milk • Wholegrains • Legumes and nuts

Deficiency Diseases

Vitamins	Diseases caused by their deficiency
Vitamin A	Skin Abnormalities, Night Blindness

Vitamin D	Rickets in Children and osteomalacia in adults.
Vitamin E	No clear evidence of disease is found.
Vitamin K	Impaired Blood Clotting that can cause easy bruising and bleeding diathesis.
Vitamin C	Scurvy, Anemia, Decreased ability to fight infections and Slow Metabolism that results in weight loss and Dryness.
Vitamin B1	Beri-Beri
Vitamin B2	Fissures in the corner of Mouth, Tongue inflammation.
Vitamin B3	Diarrhea, Skin Disease and Dementia.
Vitamin B5	There is no natural disease.
Vitamin B6	Low production of hemoglobin, Nervous system disorders.
Vitamin B7	No disease still found.
Vitamin B9	Its Deficiency during pregnancy is associated with birth defects, such as neural tube defects.
Para-aminobenzoic acid	
Vitamin B12	Megaloblastic Anemia.

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