



You Are What You Eat?

Vitamins Functions and Deficiency Effects

A

egg yolk



carrots



milk

green

vegetables



liver

✓ Vitamin A keeps the eyes healthy.

✗ Lack of vitamin A can lead to eye problems.



B1

pineapples



meat



rice



apricots



beans



egg yolk



green

vegetables



✓ Vitamin B1 keeps your energy levels up and supports a healthy nervous system.

✗ Lack of vitamin B can lead to diseases such as anemia. You may feel tired or weak.



B2

meat



beans

egg yolk



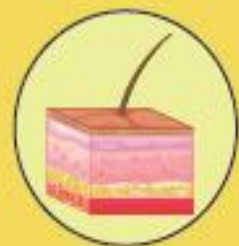
green

vegetables



✓ Vitamin B2 keeps the skin healthy.

✗ Lack of vitamin B2 can lead to symptoms like sore throat or cracks on the skin, especially around the mouth..



C



✓ Vitamin C keeps the skin, gums and blood vessels healthy.

✗ Lack of vitamin C can lead to skin problems. Your gums may start bleeding and you easily get bruises.



D



also made in the skin by sunlight

✓ Vitamin D helps your body use calcium to make your bones and teeth strong.

✗ Lack of vitamin D can lead to bone problems.



K



✓ Vitamin K helps your body stop bleeding when you get a cut.

✗ Lack of vitamin K can lead to blood problems.

