

Fat-Soluble Vitamins (Key)

Complete the functions and food sources for each vitamin.

Mineral	Functions	Food Sources
Vitamin A	<ul style="list-style-type: none"> • Promotes good vision • Helps maintain tissues and skin • Supports reproduction and growth 	<ul style="list-style-type: none"> • Dairy products • Liver • Egg yolks • Foods high in beta carotene <ul style="list-style-type: none"> • Carrots, sweet potato, broccoli, dark green leafy vegetables
Vitamin D	<ul style="list-style-type: none"> • Works with calcium and phosphorus to ensure bone growth 	<ul style="list-style-type: none"> • Fortified dairy products • Egg yolks • Higher-fat fish – herring, salmon and mackerel • Fortified breakfast cereals
Vitamin E	<ul style="list-style-type: none"> • Powerful antioxidant • Protects cells from oxidation damage • May reduce risk of heart disease and some cancers 	<ul style="list-style-type: none"> • Nuts and seeds • Green leafy vegetables • Wheat germ • Vegetable oils • Soybean oils
Vitamin K	<ul style="list-style-type: none"> • Helps blood to clot so wounds stop bleeding • Helps with bone health 	<ul style="list-style-type: none"> • Green leafy vegetables • Other vegetables • Dairy products • Some fruits