

## Water-Soluble Vitamins (Key)

Complete the functions and sources for each vitamin.

Vitamin	Functions	Sources
<b>Biotin (vitamin H)</b>	<ul style="list-style-type: none"> <li>• Helps body use carbohydrates, proteins, and fats</li> <li>• Helps stabilize sugar level</li> </ul>	<ul style="list-style-type: none"> <li>• Green leafy vegetables</li> <li>• Whole-grain breads and cereals</li> <li>• Liver</li> <li>• Egg yolks</li> </ul>
<b>Folate (folacin, folic acid, vitamin B9)</b>	<ul style="list-style-type: none"> <li>• Teams with vitamin B12 to help build red blood cells and form genetic material (DNA)</li> <li>• Helps your body use proteins</li> <li>• Helps prevent birth defects in brain and spinal cord</li> </ul>	<ul style="list-style-type: none"> <li>• Green leafy vegetables</li> <li>• Dry beans and peas</li> <li>• Fruits</li> <li>• Enriched and whole-grain breads</li> </ul>
<b>Niacin (vitamin B3)</b>	<ul style="list-style-type: none"> <li>• Helps your body release energy from carbohydrates, proteins, and fats</li> <li>• Needed for a healthy nervous system and mucous membranes</li> </ul>	<ul style="list-style-type: none"> <li>• Meat, poultry, fish</li> <li>• Enriched and whole-grain breads and cereals</li> <li>• Dry beans and peas</li> <li>• Peanuts</li> </ul>
<b>Pantothenic Acid (vitamin B5)</b>	<ul style="list-style-type: none"> <li>• Helps the body release energy from carbohydrates, proteins, and fats</li> <li>• Helps the body produce cholesterol</li> <li>• Promotes normal growth and development</li> <li>• Needed for a healthy nervous system</li> </ul>	<ul style="list-style-type: none"> <li>• Meat, poultry, fish</li> <li>• Eggs</li> <li>• Dry beans and peas</li> <li>• Whole-grain breads and cereals</li> <li>• Milk</li> <li>• Some fruits and vegetables</li> </ul>
<b>Riboflavin (vitamin B2)</b>	<ul style="list-style-type: none"> <li>• Helps your body release energy from carbohydrates, proteins, and fats</li> <li>• Contributes to body growth and red blood cell production</li> </ul>	<ul style="list-style-type: none"> <li>• Enriched bread and cereals</li> <li>• Milk and other dairy products</li> <li>• Green leafy vegetables</li> <li>• Eggs</li> <li>• Meat, poultry, fish</li> </ul>
<b>Thiamin (vitamin B1)</b>	<ul style="list-style-type: none"> <li>• Helps turn carbohydrates into energy</li> <li>• Needed for muscle coordination and a healthy nervous system</li> </ul>	<ul style="list-style-type: none"> <li>• Enriched and whole-grain breads and cereals</li> <li>• Dry beans and peas</li> <li>• Lean pork</li> <li>• Liver</li> </ul>

<b>Vitamin B6 (pyridoxine)</b>	<ul style="list-style-type: none"> <li>• Helps body release energy from carbohydrates, proteins, and fats</li> <li>• Promotes healthy nervous system</li> <li>• Helps make nonessential amino acids</li> </ul>	<ul style="list-style-type: none"> <li>• Poultry, fish, pork</li> <li>• Dry beans and peas</li> <li>• Nuts</li> <li>• Whole grains</li> <li>• Some fruits and vegetables</li> <li>• Liver and kidneys</li> </ul>
<b>Vitamin B12 (cobalamin)</b>	<ul style="list-style-type: none"> <li>• Helps body use carbohydrates, proteins, and fats</li> <li>• Helps maintain healthy nerve cells and red blood cells</li> <li>• Used in making genetic material</li> </ul>	<ul style="list-style-type: none"> <li>• Found naturally in animal foods, such as meat, poultry, fish, shellfish, eggs, and dairy products</li> <li>• Some fortified food</li> <li>• Some nutritional yeasts</li> </ul>
<b>Vitamin C (ascorbic acid)</b>	<ul style="list-style-type: none"> <li>• Helps maintain healthy capillaries, bones, skin, and teeth</li> <li>• Helps form collagen, which gives structure to bones, cartilage, muscle, and blood vessels</li> <li>• Helps your body heal wounds and resist infections</li> <li>• Aids in absorption of iron</li> <li>• Works as an antioxidant</li> </ul>	<ul style="list-style-type: none"> <li>• Fruits – citrus fruits (orange, grapefruit, tangerine), cantaloupe, guava, kiwi, mango, papaya, strawberries</li> <li>• Vegetables – bell peppers, broccoli, cabbage, kale, plantains, potatoes, tomatoes</li> </ul>