



Quick Guide to essential vitamins

Centra

For the way we live today

VITAMIN A – Retinol and Beta Carotene

Vitamin A is essential for healthy skin, hair and good eyesight. It is found naturally in oil rich fish and yellow, orange and red vegetables.

B VITAMINS

Thiamin, B1: This vitamin releases energy from carbohydrates and is found in abundance in brown rice and other whole-grains

Riboflavin, B2: Found in many foods including cheese and meat and fortified breakfast cereals, Riboflavin is essential for strong growth especially in children.

Niacin: This vitamin helps utilize energy. Niacin is found in chicken, all kinds of meat and in fortified breakfast cereals.

Folate: Folate is found in green vegetables and fortified breakfast cereals but it

is recommended that all women of childbearing age take a supplement of 400micrograms of folic acid everyday to help prevent neural tube defects like spina bifida in unborn babies.

VITAMIN C

Found in citrus and other fruits as well as vegetables, Vitamin C helps the body's immune system throughout the year.

VITAMIN D

The skin makes Vitamin D from the sunlight. It is also found in oil-rich fish, eggs and milk that has been fortified with vitamin D.

VITAMIN E

Most readily found in vegetable oils, nuts and seeds – is an antioxidant which means it helps clear the body of dangerous compounds called free radicals.

FOOD FACTS

Cheese 1oz of cheese counts as one of your 3-a-day servings of dairy foods

Fruit Fruit is a great source of vitamin C, needed for healthy growth and development

Milk 1 glass of milk gives you 30% of your daily calcium, needed for healthy bones

Yoghurt 1 carton of yoghurt gives you 30% of your daily calcium, needed for healthy bones

Cereal Wholegrain cereals are a great source of fibre, needed for healthy digestion

Smoothies Did you know a smoothie can have as much as 2-3 servings of fruit? A great way towards your 5-a-day

Juice A glass of pure fruit juice counts as one of your 5-a-day servings of fruit and vegetables

Pasta Pasta is a great source of carbohydrates, your brain's favourite fuel!

Water Did you know your body needs 8 glasses of water everyday?

Fish One portion of fish provides 100% of your daily amount of vitamin B12

