



Sports & Physical Education

Nutrition

Vitamin

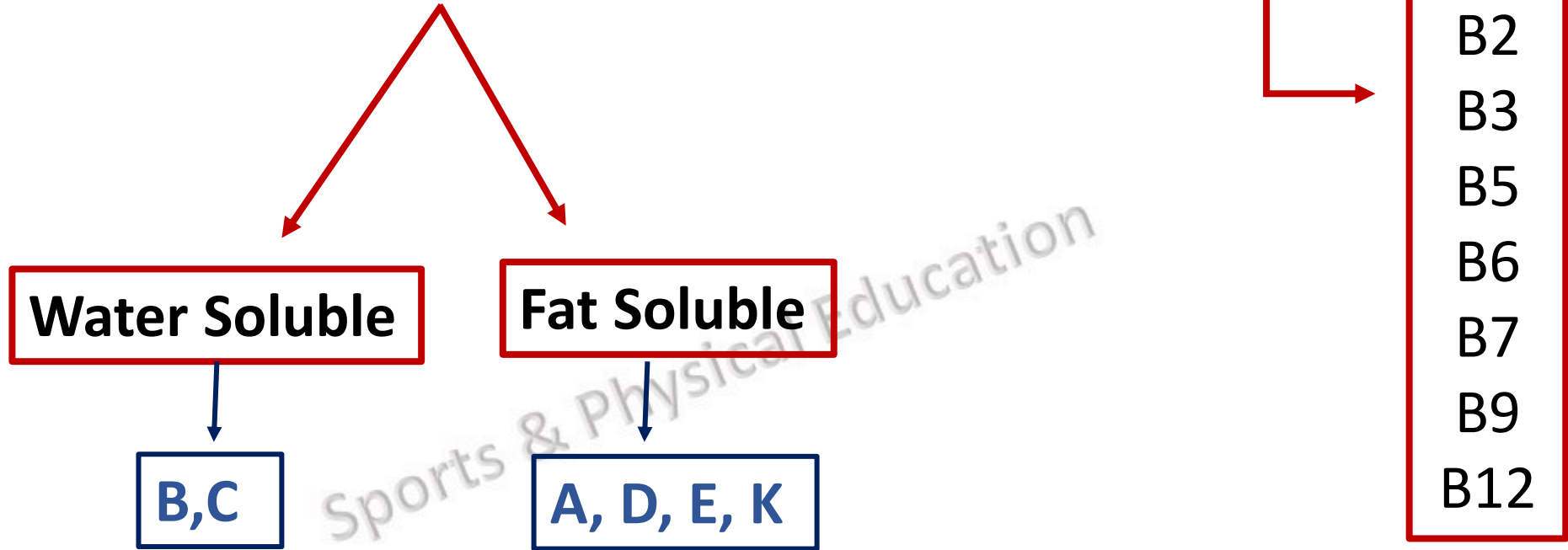


Vitamin

- **Casimir Funk** discovered the vitamins in **1912**.
- **Vitamins** are organic compounds that people need in small quantities.
- There are **13** essential **vitamins**.
- Each has a different role in maintaining health and bodily function.



Vitamin - A , C, D, E, K, B





Vitamin A - Retinol

Function-

Vitamin A is important for normal vision, the immune system, reproduction, and growth and development.

Food Source-

carrots ,Green leafy vegetables, ripe yellow fruits, guava, milk, liver, nuts, tomatoes, oranges, broccoli, watermelon etc.

Deficiency Diseases-

Night blindness , Hyperkeratosis, and keratomalacia



Vitamin D - Calciferol

- **Sunshine Vitamin**

Function-

It helps your body absorb calcium, one of the main building blocks for strong bones. Together with calcium, vitamin D helps formation of strong bone and teeth.

Food Source-

Sunlight, Fish, egg, liver, beef, cod, chicken breast etc.

Deficiency Diseases-

Rickets and Osteomalacia



Vitamin E - Tocopherol

- **beauty Vitamin**

Function-

Vitamin E is a nutrient that's important to vision, reproduction, and the health of your blood, brain and skin. Vitamin E also has antioxidant properties.

Food Source-

Green vegetables, corn, whole grain, Potatoes, pumpkin, guava, mango, milk, nuts, seeds etc.

Deficiency Diseases-

Heart problems, Haemolysis and sterility.



Vitamin K - Phylloquinone

Function- Vitamin K plays a key role in helping the blood clot, preventing excessive bleeding.

Food Source- Green leafy vegetables ,Tomatoes, broccoli, chestnuts, cashew nuts, beef, lamb, mangoes, grapes etc.

Deficiency Diseases- Haemorrhage



Vitamin c - Ascorbic Acid

Function- Helping to protect cells and keeping them healthy. maintaining healthy skin, blood vessels, bones and cartilage. helping with wound healing.

Food Source- Vegetables and Fruits -Citrus fruits, tomatoes and tomato juice, and potatoes etc.

Deficiency Diseases- Scurvy



Vitamin B1 - Thiamine

Function- It is essential for producing various enzymes that help break down blood sugar.

Food Source- Yeast, pork, cereal grains, sunflower seeds, brown rice, whole grain rye, asparagus, kale, cauliflower, potatoes, oranges, liver, and eggs.

Deficiency Diseases- Beriberi



Vitamin B2 - Riboflavin

Function- It is essential for the growth and development of body cells and helps metabolize food.

Food Source- Banana, cottage cheese, milk, yogurt, meat, eggs, fish, and green beans.

Deficiency Diseases- Cheilosis , Inflammation of the lips and fissures in the mouth.



Vitamin B3 - Niacin

Function- The body needs niacin for the cells to grow and work correctly.

Food Source- chicken, beef, tuna, salmon, milk, eggs, tomatoes, leafy vegetables, broccoli, carrots, nuts and seeds, and lentils.

Deficiency Diseases- Low levels result in a health issue called pellagra, which causes diarrhea, skin changes, and intestinal upset.



Vitamin B5 - Pantothenic acid

Function- It is necessary for producing energy and hormones

Good Source- These include meats, whole grains, broccoli, avocados, and yogurt.

Deficiency Diseases- Short term memory loss, mental problem



Vitamin B6 - Pyridoxine

Function- It is vital for the formation of red blood cells.

Good Source- chickpeas, beef liver, bananas, squash, and nuts.

Deficiency Diseases- Low levels may lead to anemia and peripheral neuropathy.



Vitamin B7 - Biotin.

Function-

It enables the body to metabolize proteins, fats, and carbohydrates. It also contributes to keratin, a structural protein in the skin, hair, and nails.

Good Source- Egg yolk, liver, broccoli, spinach, and cheese.

Deficiency Diseases- Dermatitis or inflammation of the intestines.



Vitamin B9 - Folic Acid

Function- It is essential for making DNA and RNA and produce red blood cells.

Good Source- Leafy vegetables, peas, legumes, liver, some fortified grain products, and sunflower seeds. Also, several fruits have moderate amounts.

Deficiency Diseases- During pregnancy, this can affect the fetus's nervous system. Doctors recommend folic acid supplements before and during pregnancy..



Vitamin B12 - Cyanocobalamin

Function- It is essential for blood formation and healthy nervous system.

Good Source- Fish, shellfish, meat, poultry, eggs, milk and other dairy products, fortified cereals, fortified soy products, and fortified nutritional yeast.

Deficiency Diseases- Neurological problems and some types of anemia.



Thank You for Watching



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