



Let's Talk about:

Vitamins



Hi CCS Community!

Happy Summer! At this point, we are nearing the end of the summer. It has certainly been a busy few months, filled with both sunny and rainy days. A topic that most of us have heard about is vitamins.

However, we may not all know what the purpose of each vitamin is. Some vitamins are taken as supplements, and some vitamins are made within the body. *As always, do not start or stop taking any vitamins without talking to your healthcare provider.* This is purely an educational post to learn more about the different vitamins!



What are the "B" vitamins?

The "B" vitamins refer to the vitamins that have the letter B in their name. These include vitamin B1, B2, B6, and B12. B vitamins are not made by our body, so we must consume them via our diet or thorough supplements.

Vitamin B12 - The job of B12 is to aid in the formation of red blood cells and DNA. You can find B12 in animal products like eggs, fish, meat and dairy.

Vitamin B1 - B1 is also known as thiamine, which is important for energy metabolism, as well as cellular metabolism. It can be found in fortified cereals, yogurt, beans and lentils.

What are the "fat soluble" vitamins?

The fat soluble vitamins are vitamins A, D, E and K. These vitamins are absorbed in the gut along with fat molecules. They serve important purposes in the body and can be found in various animal products, fruits and vegetables.

Vitamin A - This vitamin helps maintain normal vision. It can be found in dark green leafy vegetables, yellow and orange vegetables and fruits.

Vitamin D - Vitamin D helps the intestines absorb more calcium, which help make your bones stronger. Most milk is fortified with Vitamin D, and it can also be found in liver, butter and fish.

Vitamin E - This vitamin serves as an anti-oxidant, in other words, it helps protect your cells from getting damaged. It can be found in nuts, seeds and whole grains.

Vitamin K - This vitamin is crucial for helping clot blood to make sure you don't bleed. It can be found in dark green leafy vegetables, but it is also naturally made by bacteria in your gut.

Remember, the more you know about vitamins, the more informed you are! It is important to ask your healthcare provider about any supplements you might be taking to make sure you are taking these at a safe dosage.

